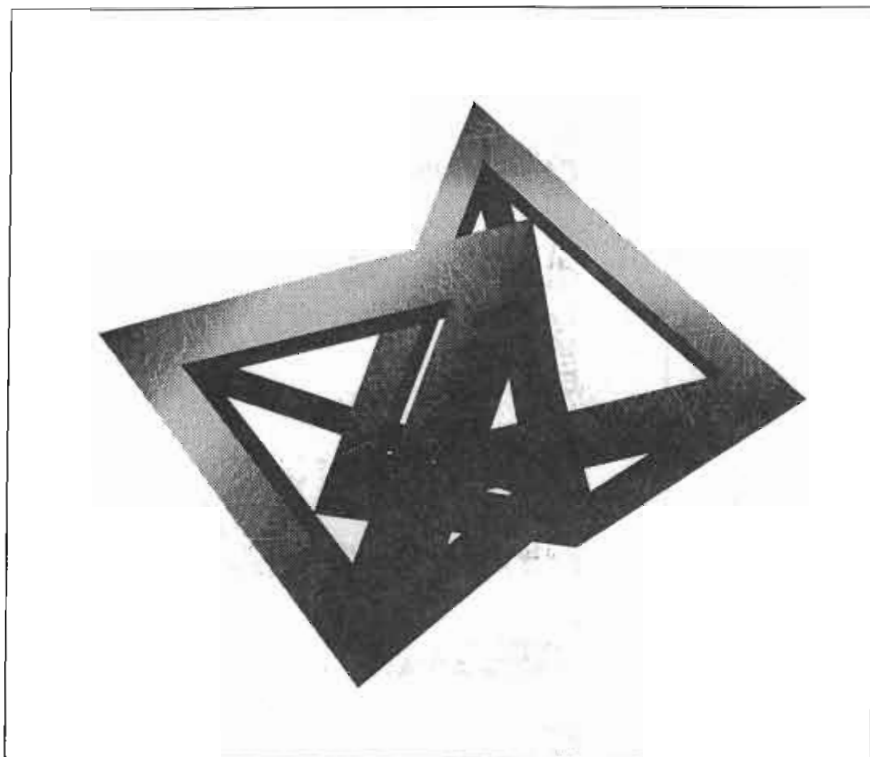


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COVER:

The impossibly intertwined "Esher Triangles" were produced entirely on an Apple Macintosh computer. The Eshers were drawn using Adobe Illustrator while the marble backdrop was produced with Adobe Photoshop software.

The 'Esher Triangles' and backdrop were kindly supplied by Rick Holland of Rcreation Studio, 147 Holtermann St., Crows Nest, 02-929-5580.

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NEW COVER-UPS

The following is extracted from the more lengthy file(s) of Mr Cooper, released only recently. Make of it what you will, but be aware that Milton Cooper is not alone in his "defection" to his conscience. Over the next few issues of Nexus, we will print other recent "defections" by people allegedly a part of ...

OPERATION MAJORITY

The following is a brief listing of everything that I, Milton William Cooper, saw during the performance of my duties as a member of the Intelligence Briefing Team of the Commander In Chief of the Pacific Fleet in 1972.

Majesty was listed as the code word for the President of the United States for communications concerning this information.

Operation Majority is the name of the operation responsible for every aspect, project, and consequence of the alien presence on earth.

Project Grudge contains 16 volumes of documented information collected from the beginning of the United States investigation of Unidentified Flying Objects (UFO's) and Identified Alien Crafts (IAC's). The project was funded by CIA confidential funds (non-appropriated) and money from the illicit drug trade. The purpose of Project Grudge was to collect all scientific, technological, medical and intelligence information from UFO/IAC sightings and contacts with alien lifeforms.

MJ-12 is the name of the secret control group. President Eisenhower commissioned a secret society

known as The Jason Society (Jason Scholars) to sift through all the facts, evidence, technology, lies and deception and find the truth of the alien question. The society was made up of 32 of the most prominent men in the country in 1972, and the top 12 members were designated MJ-12. MJ-12 has total control of everything. They are designated by the code J-1, J-2, J-3, etc all the way through the members of the Jason

Society. The Director of the CIA was appointed J-1 and is the Director of MJ-12. MJ-12 is responsible only to the President.

MJ-12 ran most of the world's illegal drug trade. This was done to hide funding and thus keep the secret from the Congress and the people of the United States. It was justified in that it would identify and eliminate the weak elements of our society. MJ-12 assassinated President

OFFICIAL SUMMONS

To: George Bush, President of the United States of America

To: The Congress of the USA.

WHEREAS, the Government has approved and entered into a secret treaty with an Alien Nation against the Constitution and without the advice and consent of Congress or the People;

WHEREAS, the Government in this treaty has given this Alien Nation bases within these United States of America;

WHEREAS, the Government in this treaty traded human lives and property for Alien technology and has denied the Citizens of the USA the lawful protection due them under the Constitution. The property being in the form of livestock and land;

WHEREAS, in the taking of human lives, property and livestock of the Citizens of these United States of America and in the commission of numerous other abominable and barbarous acts, this Alien Nation

has proven to be a mortal enemy of the People, the Nation and all of Humanity. Abductions, surgical operations, implantations, biological sampling, impregnations, psychological damage and other horrors have been and are being performed upon human beings by this Alien Nation. For these reasons a State of War now exists and has existed between the peoples of the USA and the Alien Nation.

WHEREAS, in approving of, and participating in the crimes outlined in paragraphs 1, 2, 3 and 4 above, the Government is in violation of Article II/Section 2, Article III/Section 3 and several Articles of the Constitution of the US and is hereby charged with:

Murder and Treason against the people and the constitution of the United States of America.

Filed by William Milton Cooper and John A Lear, 7th November 1989, Washington DC

Kennedy when he informed them that he was going to tell the public all the facts of the alien presence.

He was killed by the Secret Service agent driving his car and this is plainly visible in the film held from public view.

MAJ is the Majority Agency for Joint Intelligence. All information, disinformation, and intelligence is gathered and evaluated by this agency. MAJIC is responsible for all disinformation and operates in conjunction with the CIA, NSA and the Defense Intelligence Agency. This is a powerful organization and all alien projects are under its control. MAJ is responsible only to MJ-12.

Sigma is the project which first established communications with the aliens and is still responsible for communications.

Plato is the project responsible for Diplomatic relations with the aliens. This project secured a formal treaty (illegal under the Constitution) with the aliens. The terms were that the aliens would give us technology. In return we agreed to keep their

presence on earth a secret, not to interfere in any way with their actions, and to allow them to abduct humans and animals. The aliens agreed to furnish MJ-12 with a list of abductees on a periodic basis.

MAJIC is the classification and clearance of all alien connected material, projects, and information. MAJIC means MAJ controlled.

Aquarius is a project which compiled the history of alien pre-sence and interaction with Homo Sapiens upon this planet for the last 25,000 years, culminating with the Basque people who live in the mountainous country on the border of France and Spain and the Syrians.

Garnet is the project responsible for control of all information and documents regarding this subject and accountability of the information and documents.

Pluto is a project to evaluate all UFO/IAC information pertaining to space technology.

Pounce is the project which was formed to recover downed/crashed craft and aliens.

Redlight is the project to test fly recovered alien craft. It is conducted at Area 51 (Dreamland) in Nevada. It was aided when the aliens gave us craft and helped us fly them. The initial project was somewhat successful in that we flew a recovered craft but it blew up in the air and the pilots were killed. The project was suspended at that time until the aliens agreed to help us.

Snowbird was established as a cover for project Redlight. Several flying saucer type craft were built using conventional technology. They were unveiled to the press and flown in front of the press. The purpose was to explain accidental sightings or disclosure of Redlight as having been the Snowbird craft.

Luna is the alien base on the far side of the Moon. It was seen and filmed by the Apollo Astronauts. A base, a mining operation using very large machines and the very large alien crafts described in sightings as mother ships exist there.

NRO is the National Recon Organization based at Fort Carson, responsible for security for all alien or alien craft connected projects.

Delta is the designation for the specific arm of the NRO which is especially trained and tasked with security of these projects.

Joshua is a project to develop a low frequency pulsed sound generating weapon. It was said that this weapon would be effective against the alien craft and beam weapons.

Excalibur is a weapon to destroy the alien underground bases. It is to be a missile capable of penetrating 1000 metres of Tufa/hard packed soil such as that found in New Mexico with no operational damage. Missile apogee not to exceed 30,000 feet AGL and impact must not deviate in excess of 50 metres from designated target. The device will carry a one megaton nuclear warhead.

There were 4 types of aliens mentioned in the papers. A 'Large



Nosed Grey' with whom we have the treaty, the 'Grey' reported in abductee cases that works for the 'Large Nosed Grey', a blond human-like type described as the 'Nordic', a redhaired human-like type called the 'Orange'. The home of the aliens was described as being a star in the Constellation of Orion, Barnards Star, and Zeta Reticuli 1 & 2.

Ebe is the name or designation of the alien captured at the 1949 Roswell crash. He died in captivity. *Krll* pronounced Crill or Krill was the hostage left with us at the first Holloman landing as a pledge that the aliens would carry out their part of the basic agreement reached during that meeting. Krll gave us the foundation of the yellow book which was completed by the guests at a later date. Krll became sick and was nursed by Dr G Mendoza who became the expert on alien biology and medicine. Krll later died.

Guests were aliens exchanged for humans who gave us the balance of the yellow book. At the time I saw the information there were only 3 left alive. They were called (ALF's) Alien Life Forms.

The aliens claim to have created Homo Sapiens through hybridization. The papers said that RH-blood was proof of this. They further claimed to have created all major religions. They showed a hologram of the crucifixion of Christ which the Government filmed. They claim that Jesus was created by them.

Alien bases exist in the four corners area of Utah, Colorado, New Mexico, and Nevada. Six bases were described in the 1972 papers, all on Indian reservations and all in the four corners area.

The documents stated that many military and government personnel had been terminated (murdered without due process of law) when they attempted to reveal the secret.

The documents also stated that



many craft had been recovered. The early ones from Roswell, Aztec, Roswell again, Texas, Mexico, and other places.

The document stated that humans and animals were being abducted and/or mutilated. Many vanished without a trace. They were taking sperm and ova samples, tissue, performed surgical operations, implanted a spherical device 40 to 80 microns in size near the optic nerve in the brain, and all attempts to remove it resulted in the death of the patient.

The document estimated that 1 in every 40 people had been implanted with the device. This implant was said to give the aliens total control of that human.

CONTINGENCY PLAN SHOULD THE INFORMATION BECOME PUBLIC OR THE ALIENS ATTEMPT TAKEOVER

This plan called for a public announcement that a terrorist group had entered the United States with an Atomic weapon. It would be announced that the terrorists planned to detonate the weapon in a major city. Martial Law would be declared and all persons with implants would be rounded up along with all dissidents and would be placed in concentration camps. The

press, radio, and TV would be nationalised and controlled. Anyone attempting to resist would be arrested or killed.

CONTINGENCY PLAN TO CONTAIN OR DELAY RELEASE OF INFORMATION

This plan called for the use of Majestic Twelve as a disinformation ploy to delay and confuse the release of information should anyone get close to the truth. It was selected because of the similarity of spelling and the similarity to MJ-12. It was designed to confuse memory and to result in a fruitless search for material which did not exist.

SOURCE OF MATERIAL CONTAINED IN THE DOCUMENTS

The source of the material was an ONI counter intelligence operation against MJ-12 in order for the Navy to find out the truth of what was really going on. The result of this operation was that the Navy cut themselves in for a piece of the action (technology) and control of some projects. **N**

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COMMUNIQUE

Someone I know once said "Change is the only constant thing in the Universe", and this has been true for Nexus Magazine. We hope you like the new style and format. In the course of restructuring Nexus, many people have given invaluable time and resources to make Nexus possible. These people have my deepest thanks.

It is always tempting to use the editorial column as a soap-box, in the hopes that it will change the world, but for your sake I'll keep it to the point.

We publish Nexus Magazine with the aim of providing information that the "mainstream" media either ignore, overlook or consider un-newsworthy. As world events accelerate, many people are feeling that they have little or no real choice in their lives any more. I believe that the more information one has, the greater the range of choices available to you.

We leave to you, the reader, the task of drawing your own conclusions from the information inside this issue.

If you support this concept, then I urge you to subscribe directly to Nexus. This way we can pass on to you the saving of \$1.00 per issue, and you can have Nexus sent straight to your mailbox. (Use the coupons on pages 3 and 4).

I leave you with this rather interesting quote from Mr John Swinton, Editor of The New York Times, at the annual dinner of the American Press Association, in 1914.

"There is no such thing as an independent press in America, if we except that of little country towns. You know this and I know it. Not a man among you dares to utter his honest opinion. Were you to utter it, you know beforehand that it would never appear in print..."

"It is the duty of a New York journalist to lie, to revile, to toady at the feet of Mammon, and to sell his country and his race for his daily bread, or what amounts to the same thing, his salary."

"We are the tools and the vassals of the rich behind the scenes. We are marionettes. These men pull the strings and we dance. Our time, our talents, our lives and our capacities are all the property of these men – we are intellectual prostitutes!"

Letters to the Editor

Re: AIDS Supplement

You are to be congratulated on an excellent job. It has been impossible for concerned but non-expert people who have only limited access to information, (and no access at all to the most crucial information) to put together a true picture of what was from the start, a most puzzling phenomenon.

I am impressed, not only by Mr Ayana's incredibly thorough research, but by his clear and logical marshalling of the facts. These facts have given me answers to the questions I've had in my mind ever since AIDS burst upon us. The fact that it's a man-made virus doesn't surprise me in the least, and the reminder that the article gives us of the insane, criminal and obscene experimenting with engineering of life-forms inimical to life, is a necessary one.

Its both a reassuring and deeply disturbing article – reassuring that life/nature itself has not thrown AIDS into the arena; disturbing that human engineering has. Prof. Lovelock says of Gaia that it's not a question of whether man will destroy the Earth, but whether the Earth will destroy man because, as a species, he is not compatible to her system. I think man is doing his amoral best to hasten that end!

My daughter passed this copy of the supplement to me; I'm getting one for myself and some for others. Everyone should read it!

M Gazey, WA

Congratulations on your resurrection, I thought maybe you had packed up and retired, leaving us with little else in the way of decent news and information. I am an ex-public servant, or should I have said ex-"big brother" servant, who became aware of certain "funny business" in our administration. The more I delved, the more distraught I became with the sell-out of Australia to multi- and international interests. I am personally preparing for an economic crash of immense proportions, resulting in a very different Australia, and a very different world. I advise you all to do likewise.

No name or address supplied. (I wonder why? Ed)

Greenhouse or ICE AGE?

Catherine Simons B.Sc.

Why are government and non-government groups rushing to outdo each other in urging drastic action to cater for global warming, when there is not conclusive evidence to show that "greenhouse" gases will cause global warming?

In the 1960's the popular theory concerning the future climate of the earth was that we were on the brink of an ice age. Surely, some of these effects that led scientists to believe this theory still exist today? The Greenhouse Effect on its own may tend to warm the atmosphere, but what about all the other factors that can effect our climate?

The interesting thing to realise is, there is much uncertainty among climatologists and geophysicists about future climate changes. Scientific American, July 1990 states "Some of the worlds' eminent authorities on the atmosphere recently hurled verbal brickbats at one another in the pages of the prestigious journal "Science". Their charges of "junk science" and "science by consensus" reflect the acrimonious nature of the debate within the science community. Some members of the National Academy of Sciences, including one of its former presidents, charge that policymakers are being induced to take unwise actions on the basis of uncertain scientific evidence."

WHO IS THE SCIENTIST THAT FIRST SUPPORTED GLOBAL WARMING?

Most of the "proof" of global warming comes from a computer model made by James Hansen, which was based on Miosseyev's model. Some of Hansen's own colleagues believe that he lacks a scientific basis, for instance ...

Dr Patrick Michaels, Professor of Environmental Sciences at the University of Virginia and a member of the executive board of the American Association of State Climatologists, had this to say when asked about the reliability of Hansen's data and how he arrived at his conclusions.

"When Jim (Hansen) got in front of Congress, what he did is he compared January through May temperatures to annual averages for the last hundred years. That's essentially like comparing apples and oranges, because there is going to be greater variability in samples of less than a year compared to that of an entire year ..."

LETS LOOK AT THE 'GREENHOUSE EFFECT'

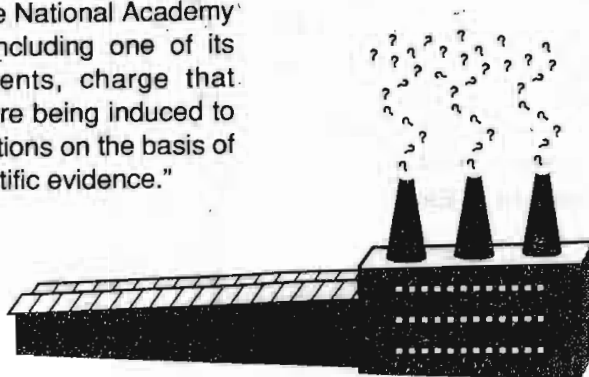
First, what are the actual temperature changes? In January 1989, the US National Oceanic and Atmospheric Administration (NOAA) carried out a survey of weather trends in the US from 1895 to 1987. The only prediction they were prepared to make was towards cooler, drier conditions.

Most reports supporting global warming seem to show an overall rise in annual surface air temperatures of 0.5 C since 1850. During this period the temperatures actually increase, decrease for a while, then increase again. One criticism of these measurements is that they ignore the effects of urban warming, as many of the measurements were taken near cities. Two Arizona State University researchers found when they studied weather data recorded since 1920 in small towns throughout the US, that the average temperature has actually declined by 0.5 C.

In fact any temperature increases are more likely to represent climate recovery following the cooling of the Little Ice Age, which peaked in the early 1800's. We may simply be returning to the warmer conditions that were naturally present during the 13th Century, when there was virtually no global industrialisation.

THE CO₂ LEVELS

Over the past 160 million years evidence taken from deep ice cores has shown natural large fluctuations in CO₂ levels. It also shows that temperatures vary with this. So there



seems to be some natural phenomenon that cause both these to vary simultaneously.

To get things in perspective, man's total CO₂ output from fossil-fuel combustion and deforestation, is approx 5.5 million tonnes of CO₂ per year into the atmosphere. But termites alone contribute 14 billion tonnes of CO₂ into the atmosphere each year as a result of breaking down cellular material.

Data collected at the Mauna Loa observatory shows that CO₂ temperatures have risen since 1958.

OTHER TEMPERATURE FACTORS

The United States Climate Analysis Centre, William Gray and many meteorologists at the University of Colorado, Kevin Trenberth and his associates at the National Centre for Atmospheric Research, support the notion that atmospheric conditions appear to be mainly determined by the shifting pattern of the Pacific "ENSO Effect", or ocean and wind systems better known as "El Nino" and "La Nina".

El Nino is an event that occurs once every four years and seems to have a warming effect around the globe. During La Nina events the main body of the ocean cools. New Scientist 11 February 1989 states "Until recent months, for reasons that nobody can explain, there has been no La Nina events since 1975, though records going back to the 1880's suggest that before, they were as frequent as El Nino events. But a strong La Nina event has been running in the Pacific since early 1988. In mid-1987, water temperatures in the central Pacific were some 1.5 C above normal." "By June 1988 the temperatures were 2 C below normal at roughly 24 C. Most climatologists accept that La Nina is the cause of global cooling that began in the middle of last year."

Referring to the amount of atmospheric CO₂ during the last ice age, Scientific American, Jan 1990 states "Only a major shift in the ocean's operation could account for such a dramatic change in atmospheric composition. After all, the oceans hold 60 times as much carbon dioxide as the atmosphere; because the gas readily diffuses between the ocean surface and the atmosphere, its concentration in surface waters regulates the atmospheric concentrations: Living things control the surface water concentration."

THE PREDICTIONS OF DR IBEN BROWNING

This is a man who has an enviable record in long range weather prediction - 86% accuracy. He is recognized as an expert in many fields including climatology, vulcanism, bio-engineering, computers and space navigation, and has been employed as a consultant for many governments throughout the world. He is predicting that we are going into a cooler, drier period.

His predictions focus on high tidal forces, peaking in 1992, which may trigger high volcanic activity. This would greatly increase the amount of dust and sulphurous oxides in the atmosphere, thus forming dry clouds, which reflect away the sunlight, resulting in a cooling of the earth.

The sun's own temperature rises and falls in cyclic patterns. For example the sun's temperature began falling in 1940 and is expected to continue falling until 2010. It is predicted that this will cause a full 1 degree C drop in the annual surface air temperature of Earth.

CONCLUSION

There is still no conclusive evidence to support the theory that we are in for more global warming

due to the Greenhouse Effect. It seems many of the well respected scientists in the field believe we are in for a cooler, drier period.

More attention would be appropriately focussed on other real environmental issues such as the emission of toxic chemicals from mankind's technologies. Evidence does show some of these are much more directly harmful to life. **N**

by Catherine Simons B.Sc.

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BRITAIN CONVICTED AGAIN

The European Court of Human Rights has again convicted Britain of violating the rights of Irish people arrested under the Emergency Provisions Act.

The court held that Marie Campbell and Bernard Fox of Belfast, as well as Samuel Hartley of Waterfoot had been arrested by crown forces and held without any reasonable grounds of suspicion that they had violated any laws. Instead the British were utilizing emergency legislation as "a free-standing power of arrest and detention" used for pure harassment or interrogation.

Britain has the worst record of convictions of human rights violations of any nation in the European community. Article 5 of the European Convention mandated that no one can be arrested without reasonable suspicion that the person has violated some provision of the law.

Sinn Fein spokesperson on Legal Affairs, Councillor Paddy McManus, welcomed judgement by the European Court of Human Rights. He stated: "Once again the

British government has been found guilty by the European Court of breaching the Convention on Human Rights. Today's judgement adds to Britain's substantial list of convictions by the European Court, giving it the worst record for Human Rights violations of any state in Europe. It is clear from even a cursory examination of the last 20 years that Britain's control of the north is dependent upon its manipulation of the legal and judicial system and its preparedness to break international conventions on human rights."

The Irish People
September 8, 1990

PLUTONIUM SPACE THREAT EXPOSED

On October 18, 1989, the shuttle Atlantis lifted off from Cape Kennedy Space Centre. On board was the Galileo mission, an unmanned space probe powered by 50 pounds of radioactive plutonium sealed in small "Radio Isotope Generators" (RTGs).

Fearing that Atlantis might explode like the 1986 Challenger shuttle, dispersing Galileo's radioactive cargo in the

skies over their state, the Florida Coalition for Peace and Justice asked the Christic Institute to represent them in a lawsuit filed in the Washington, DC, Federal District Court seeking to postpone the mission. Joining the two groups before the court was the Foundation on Economic Trends.

In an eleventh-hour decision, Judge Oliver Gasch dismissed the Institute's petition for a temporary restraining order. Working through the night, Institute attorneys and experts prepared an emergency petition to the Supreme Court. As the clerk of the court rushed the document into the offices of the Chief Justice, Atlantis took off and launched the Galileo probe into space.

Opposing the Galileo launch was a controversial step for the Christic Institute, which supports the exploration of space for peaceful purposes. But the risk of disaster was unacceptable, says Lanny Sinkin, the Institute's Litigation Director.

"We discovered that the National Aeronautic and Space Administration had systematically suppressed critical information related to the safety of this launch in violation of the National

Environmental Policy Act," he says.

By Tia Lessin
Convergence Magazine
Christic Institute, USA.
Fall 1990

AUSTRALIAN MATHEMATICIAN COULD GRAB NOBEL PRIZE

A remarkable advent in advanced computer programming has been achieved by Wollongong based scientist, Christopher Illert, considered to be one of the world's foremost mathematicians.

Mr Illert programmed super computers in Holland and the United States, producing amazing simulations of a living creature (crustacean).

By altering the order of the programme, he gained an image of the creature's 2 million year old ancestor. Then, again by changing the program's order, a picture was produced showing the possible future form of the same creature two million years hence!

The Smithsonian Institute in Washington DC confirmed the identity of the crustacean.

He employs non-linear equations heavily



based on the PHI ratio (1.618) or the "Golden Ratio", (a proportion found throughout nature in organic structures) and the Fibonacci Summation Series.

This series is generated by the PHI ratio and was extensively used in ancient Egyptian art and architecture and later, by adoption, in the Greek Pythagorean and Platonic schools.

Chris Illert is presently working closely with Japanese and American Physicists under the auspices of the Science/Art Research Centre.

NB: The Fibonacci Summation Series is well known by those stock market investors who utilise the Elliott Wave Principle to determine market fluctuations.

EARTHQUAKE DECEMBER 3 1990?

According to the "People" section of the San Francisco Chronicle, (25 July 1990) Dr Iben Browning (72, polymath, PhD. in genetics and bacteriology) has predicted a major earthquake on December 3 1990.

The newspaper article mentions Dr Browning's predictions in a variety of fields – earthquakes, volcanic eruptions, climactic change, the AIDS epidemic, the future of Communism, and economic crises.

The article quotes a couple of his admirers:

"If any person in the country can be called a national treasure ... Dr Browning is one."

The forecasts made are derived from a general theory developed when he took up climatology in 1957. They are based on astronomical calculations about the pressures the sun and moon exert on the Earth's surface. The article states that Dr Browning predicted the Loma Prieta quake within 6 hours in a

1985 newsletter, and by five minutes in an update a week before the quake. Dr Browning also successfully pre-dicted the Mt. St Helens eruption by only a few days.

No details are given, however, about the doctor's methodology. Dr Browning "has turned down more than 100 requests from the media in the past few days".

One of his current predictions, a 50-50 chance of a 7 plus earthquake in Missouri, Hayward fault or Japan on December 3 this year, apparently has Missouri school officials planning to cancel classes on December 3 and 4.

The Missouri and Arkansas National Guards are also planning earthquake exercises on those two dates.

According to the article, tidal forces reach a 27-year high on Dec 3. January 18, 1992 will bring one of the highest tides in more than 1,600 years.

Look out!



CONFUSING SEA LEVELS

It appears that sea levels are falling in some parts of the world, whilst rising in others.

The figure shown here presents the trends in sea level worldwide, using all reliable and available data for the last 20 years. These records show a rising sea level in eastern North America, northern Europe, and eastern Japan; and a falling sea level in western North America,

western Europe, and around Korea.

Even more interesting is that sea level behaviour shows large fluctuations over short distances. For example in Eastern Asia, sea level rises greater than 24mm/year are occurring within 500 km of places where sea level is falling by more than 6 mm/yr.

The Optimist, Dec 1988
Dr Edward Bryant,
Dept of Geography,
University of Wollongong

TONGA – “SLOTS” IN SPACE

Spurred by a savvy American entrepreneur, the Kingdom of Tonga has started a battle in space that could affect the future control of satellite communications between Asia and the United States.

Tonga has seized on a loophole in international law to lay claim to the last 16 unoccupied orbital parking spaces for satellites that can link Asia, the Pacific and the

United States.

Control of the spaces, called “slots”, determines who can provide satellite communications to a given part of the world. The number of these spaces above the earth is sharply limited by international law to prevent interference between satellites, but they can be reserved at no cost by nearly any on an essentially first-come, first-served basis.

Before Tonga’s move caught it by surprise, the 119-nation consortium that provides most international satellite services, known as Intelsat, thought it had a lock on the slots.

Intelsat officials now contend that Tonga, with an economy largely based on fishing and foreign aid, is merely a front for financial speculation by an American, Matt Nilson.

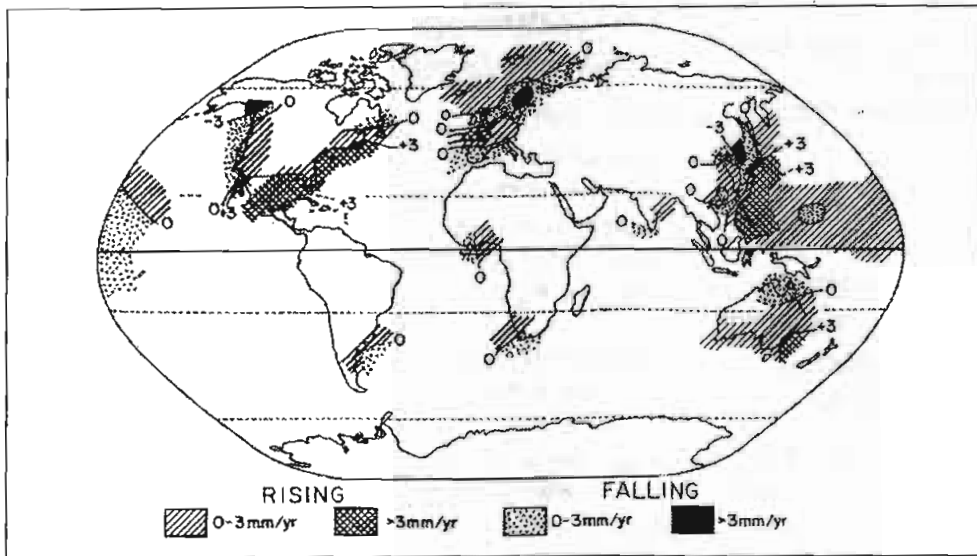
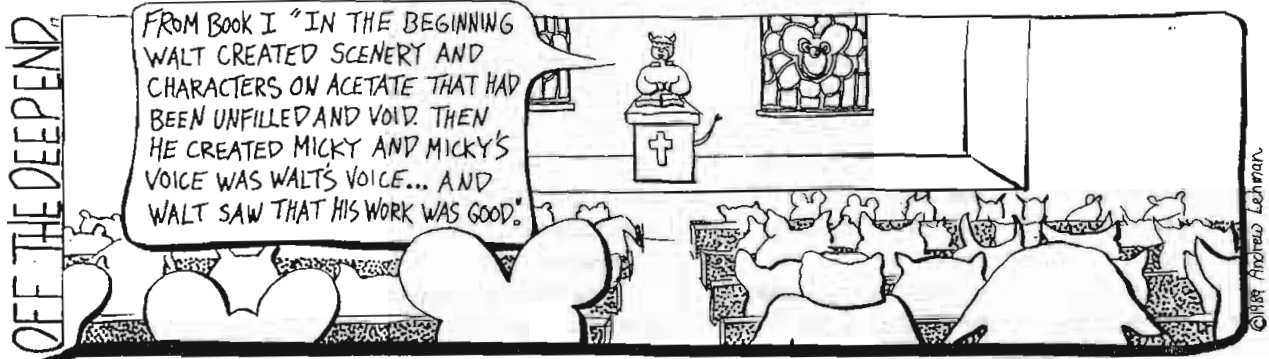
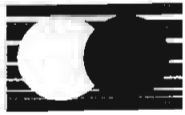


Figure 1:
Showing global trends in worldwide sea levels





MISSING WHALES

Environmentalists and tourist officials are wondering what has happened to the thousands of gray whales which normally swim to the warm waters off Mexico's Baja California coast to give birth at this time of year.

Only 12 of the whales from Alaska have arrived at the Guerrero Negro area where 2,000 adults and 1,200 newborns were counted last year.

The Mexican environmental "Group of 100" speculated that huge numbers of whales may have died on their migratory route which would have brought them through the area off the Alaskan coast where the Exxon Valdez spilled 11 million gallons of oil last April.

SILENT SPRING?

Scientists also can't explain what has caused the drastic decline in the number of some fish, sea birds and whales along Canada's British Columbia coast.

"The steel-head are gone. There's a big hole in the river," said Joe Saysell, who has fished

the Cowichan River for more than 30 years.

The large sea-going trout has all but disappeared from some British Columbia rivers, and the population of nesting cormorants on the west coast of Vancouver Island is down 70%.

Theories for the decline range from the Alaska oil spill and driftnet fishing, to changes in ocean currents and temperatures.

Journal of Borderland Research
March/April 1990

ENVIRONMENT GROUPS TARGET WORLD BANK AND THE IMF

Washington DC. An international assembly of environment and development organizations met in Washington DC on September 20-27 to pressure the World Bank and International Monetary Fund (IMF) to alter their lending policies in the Third World.

"For four decades the people of the Third World have been shut out of World Bank and

IMF decisions and denied due process, in the face of the World Bank/IMF steam roller, says Patricia Adams of the Toronto-based Probe International. Until the views of the people in the Third World prevail, we'll continue to see World Bank/IMF sponsored destruction and destitution throughout the globe", adds Adams.

NTH WASHPOOL - ARE GREENIES BUSHED?

After weeks of high profile media action by the timber industry lobby, state cabinet has endorsed the National Party push to log areas of pristine rainforest on the northern sections of the Washpool wilderness.

This area represented a trade-off to the powerful Grafton timber industry lobby when the Wran government legislated to protect rainforest areas of NSW in 1982.

Work has ceased pending further legal proceedings on Friday 21st September.

This thin legal line of defence may hold.

If not the loggers will move immediately into

the rainforest with full police logistical support, state government sanction and a media campaign build-up usually the preserve of the Green movement.

In response conservationists have been timid.

The call for support witnessed 15 people respond and front up at the blockade site on the September 10.

It is extremely fortunate that our legal representatives were successful, unfortunate in that it is only a temporary hold on work.

In addition to the loss of an invaluable ecosystem the local conservation movement, always considered a dynamic force by the opposition, will be seen to be a paper tiger.

We desperately need to voice strong opposition in the local media and write letters to all relevant ministers.

Sent by peg:rainfaus on behalf of Mr Ian Cohen, Box 161, Byron Bay 2481 NSW



CORPORATE OWNERSHIP OF 'MODIFIED' HUMANS?

The issue of patenting life forms recently raised its head in the form of the Patents Bill 1990.

Despite a short flurry of protests, raised on even shorter notice, the Patents Bill 1990 was passed through the Senate with an amendment so ambiguous it may as well not be there.

The pending Bill sent alarm bells ringing in several quarters. After all, the right to own life forms is itself a

potentially contentious issue, but extend that to the right to own modified human life forms, and the Bill becomes positively outrageous.

In Senator Coulter's (Australian Democrats) own words,

"It is now possible to take the individual bases which make up the triplet codes in DNA and to put them together to construct an artificial gene.

That gene could be incorporated into an animal, a plant, or, indeed, a human being.

Under this legislation, that material would be patentable, and could

therefore be exclusively exploited for commercial gain for a period of 16 years".

"If the Senate sees fit to pass this legislation without accepting this amendment, I can only say that it indicates either or both of these two things: an incredible ignorance on the part of my fellow Senators in not understanding the extreme power which modern biological methods have conferred on us; or that they have an incredible degree of blunted perception of the ethical dimensions of what they are legislating, when they are prepared to hand over for

commercial ownership, commercial exploitation, and exclusive commercial gain, the very substance of life itself".

Needless to say, Senator Coulter's amendment was rejected, and Senator Harradine's (watered down) amendment was accepted.

The essence of Senator Harradine's amendment, that "Human beings and the biological processes for their generation shall not be patentable inventions", is basically covered in the form of anti-slavery laws anyway.

DAVID vs GOLIATH

A FARMER TAKES ON THE BANKS

A Victorian farmer is set to challenge the "might of the banks", when he takes them to court for "lending created credit".

Similar cases in the US have been successful, and banks have been sued for millions of dollars by indebted farmers.

He is basing his case on the fact that banks do not lend out deposits, but instead 'create' overdrafts out of approx 1/16 of their capital.

Banks multiply every customer's deposit, by up to 1,500% times to lend out more "money" than is actually there.

This is new credit which passes as money, but is not legal tender.

"Is this not fraud?" asks Mr Kerr.

Research has shown that banks only handle about 6.5% of real legal tender (ie, notes and coins as issued by the Treasury).

Notes and coins held in a vault by a bank are not legal tender, until they are in the hands of the public - ie, in circulation!

Mr Kerr questioned who actually owned the credit created by the banks from smaller deposits. "Should banks charge interest on the credit which they create out of nothing?" he asked.

If a borrower backs a loan with his own assets through a mortgage or whatever, and the bank creates credit upon this guarantee, then who actually "backed" this credit creation?

Charlie Kerr Fighting Fund
PO Box 24
Concord West NSW 2138

From an article in "The New Citizen", June 1990



WATER DIVINING REALLY WORKS

BERMUDA SAVED FROM DROUGHT BY AMERICAN DOWSER

The island of Bermuda, traditionally reliant on rainwater collected from whitewashed roof-top catchment areas, was hit in 1949 by the worst drought in four decades. With the colony suffering, hundreds of water tanks remained dry and the hot weather devastated the crops. As a result, the Kindley US Air Force base began rationing water, bringing it in by ship and planning a new

evaporation plant.

In early 1950 however, fresh underground water was flowing in huge quantities for the first time in Bermuda's history. Its discovery and development triggered the world wide controversy that persists to this day over the widespread practice of locating subterranean water supplies without employing conventional scientific technology.

Scientists decreed Bermuda possessed no source of fresh water. That view was challenged by well known American dowser, Henry Gross, a former Maine game warden, even before he set

foot on the island, while 800 miles away at his home in Maine. Gross, with the use of a map of Bermuda only, dowsed the general location of four fresh water sources.

The phenomenon was witnessed by American author Kenneth Roberts (Northwest Passage, etc) who saw it as a golden opportunity to test the authenticity of Gross's long distance dowsing abilities.

Whilst there were many wells in Bermuda, only a few provided palatable water for some households. Most wells were of salty brackish content. Roberts enlisted the aid of two of the



island's elder statesmen and businessmen to drill for the deposits indicated by Gross, who in turn was summoned to Bermuda and in one day expertly pinpointed four sources.

After several drilling problems due to inadequate equipment, on April 27, 1950, the pump at the well considered the best by Gross, gushed out 44 gallons of pure fresh water per minute. In the midst of the critical drought, around 200,000 gallons were used.

A letter from the Hydrogeological Department of the Bermuda Public Works Operations and Engineering Division written to Metavision Research Consultants in Sydney, (dated March 8 1990), confirmed that American dowser, Henry Gross, in 1949, located by map-dowsing, four sources of fresh ground water which between them are capable of producing nearly 2 million gallons per day for public supply on the island.

An equally remarkable event in relation the Bermuda findings is that Evelyn Penrose simultaneously dowsed the island from Perth, W.A, at the request of Kenneth Roberts and came up with the same locations as dowsed by Henry Gross!

Footnote: In 1981, a study prepared for the House of Representatives Science & Technology Committee in the USA, on a section encouraging serious assessment of further research on the Physics of Consciousness revealed that:

"Recent experiments suggest that there exists an "interconnectiveness" of the human mind with other minds and with matter – that the human mind may be able to obtain the information independent of geography and time" and concluded by saying that: "A general recognition of the degree of inter-connectiveness could have far reaching social and political implications for the nation and the world". **N**

Environment and you

ECOLOGICAL HOLOCAUST IN EUROPE

"We are seeing an ecological catastrophe", sighed Frantisek Urban, director of nature conservation in Czechoslovakia's Environment Industry, as he surveyed the barren, soot-covered moonscape of Eastern Europe after decades of Marxist industrialisation.

As the veil of the Communist Party secrecy is slowly withdrawn from East Germany, Czechoslovakia, Poland, Hungary and Bulgaria, the world is witnessing an environmental holocaust on a scale that almost dwarfs the nuclear wreckage of Hiroshima.

The once green and bountiful heartland of Europe has become a treeless plateau of blackened stumps, concrete buildings and an ashen landscape coated with a thick layer of toxic grime.

Acid rain from twenty years of an industrial smokestack inferno has decimated the centuries-old forests of Eastern Europe into virtual annihilation.

In Yugoslavia, West Germany, Czechoslovakia, Poland and East Germany more than half of the nations' forests are damaged. Some of the most beautiful forests in the world are now bare-limbed skeletons hanging in motionless clouds of black acidic smoke.

"Tourists once scaled the majestic Fechtelberg Mountain on the border of East Germany and Czechoslovakia to marvel at the view of the Erzgebirgean mountain forests," writes Mike Leary of the Philadelphia Inquirer. "Now they weep. At the top of some of these mountains not a single tree survives – just barren landscape

with a few remaining stumps".

Wherever you look in Eastern Europe there's a thick pall of deadly smog a few feet from your face slowly filtering into your lungs, your water and your foodstuffs at a deadly rate.

In many parts of East Germany, the air pollution is so thick that drivers turn on their headlights in the middle of the day. While in Poland the government has declared five villages in Silesia literally "unfit to live" because of the heavy metals in the soil. In Czechoslovakia, residents are fleeing northern Bohemia in droves to escape the gas chambers of their hometowns, such that the government is actually paying them to remain.

In Northern Bohemia, children are routinely shipped out of the toxic region for a month each year to breathe freely as an official health measure.

Last year 20,000 residents wearing gas masks in Zenica, Yugoslavia, marched through the city shouting slogans like "Zenica is Chernobyl in instalments!" in a protest rally against the rising tide of pollution.

The situation has become virtually unbreathable. According to last year's Environment magazine, air pollution in Poland is reportedly 50 times above the permissible limits and a quarter of Poland's soil is too contaminated for safe farming.

No less than 95% of Poland's water is unfit for drinking. In southern Poland, people actually scurry down to the abysmal depths of a salt mine to breathe clean air. It should come as no surprise then, that the rates of respiratory ailments and cancer

are 30-50 times above that of the national average.

Perhaps the most frightening news is from a study of new mothers in southern Poland which revealed that more than half of the 1,000 placentas examined were deformed or damaged "most likely by the high level of carbon monoxide and sulphur dioxide in the air". The fruits of this massive poisoning have been flowering for some time.

Five years ago, a 1985 report by the Polish academy of Sciences cited an "appalling increase" in the number of retarded school age children.

So far the Polish Academy of Science has declared that one third of the nation's 38 million people lived in areas of "ecological disaster". And that's optimistic.

The rest of Eastern Europe is not much better off.

In Hungary, biologists calculate that illnesses traceable to environmental pollution consume more than 13% of the country's health budget. Officials estimate that at least 1 out of 17 Hungarians now die from environmentally induced causes. In Leipzig, life expectancy is roughly calculated 6 years less than the national average.

In Espenhain, East Germany, 4 out of 5 children develop chronic bronchitis or heart ailments by the age of seven because of the dense blanket of industrial smog that strangles the city.

For 150 miles around Copsa Mica, Romania, everything from grass to trees is coated with an oleaginous black soot, so that even hardy livestock needs to be rotated outside the region for survival sake. "Even horses can stay here for only a couple of

years," admits Dr Alexander Balin of Copsa Mica's occupational health clinic. "Then they have to be taken away or else they will die".

The politicians, of course, are running around desperately fingering each other to find a slower-thinking scapegoat for the garbage in their own backyard. The Czechs blame the East Germans, the East Germans blame the Poles, the Poles blame the Hungarians – it's a sorry-go-round of rationalisations that fingers everyone but the 2,000

year old Christian conditioning that nature is dangerous chaos that needs to be subdued.

So for the last few thousand years, mankind has been subduing virgin forests into bonfires, plateaus into parking lots and the wild beasts of the field into alligator shoes, elephant foot wastepaper baskets and rhinoceros-horn aphrodisiacs.

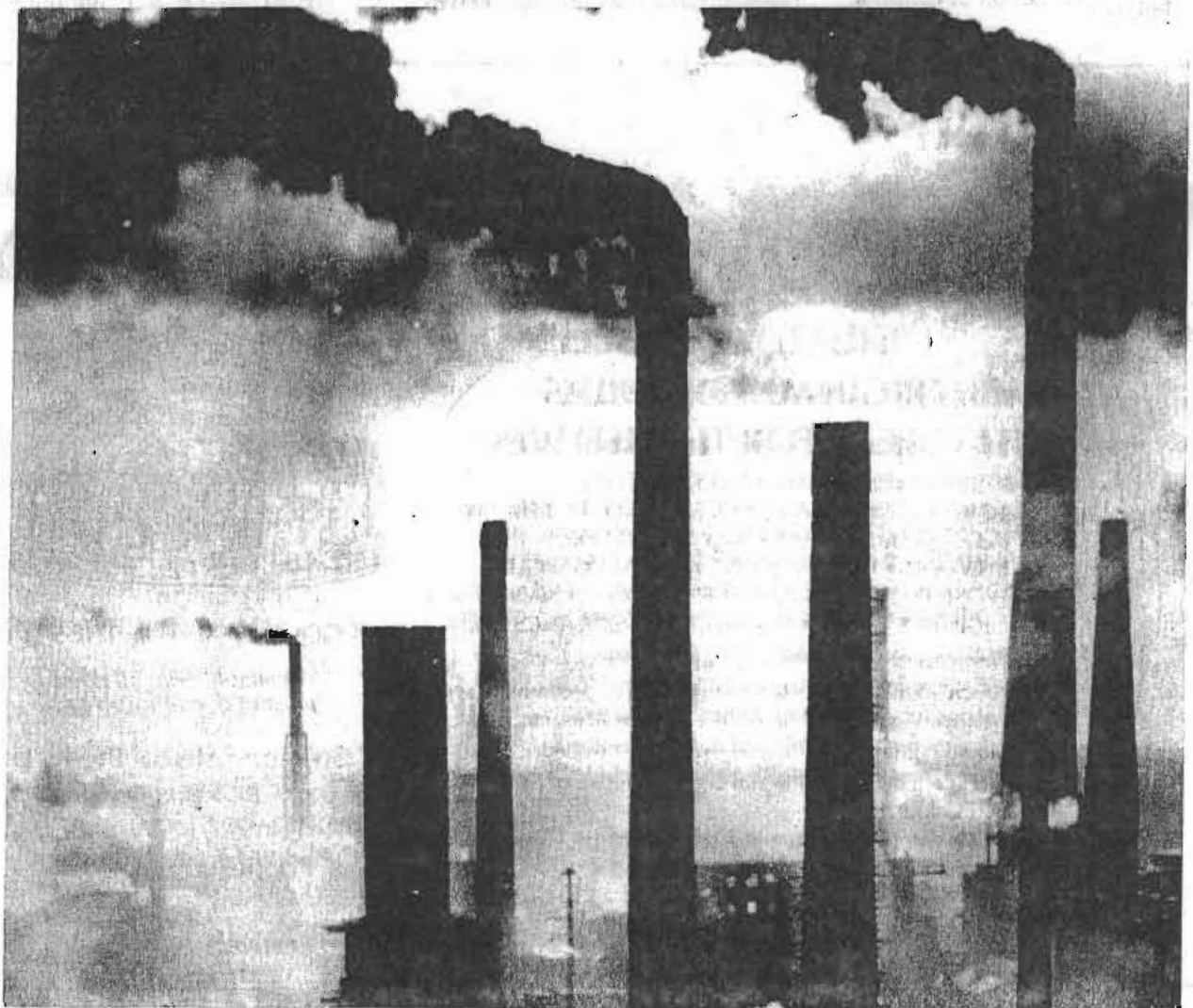
For the first time in the history of the human species we need to collectively wake up and start healing ourselves and this planet. Otherwise the only course left is

towards the genocidal grave we're digging with each tree we fell.

"If men spit upon the ground, they spit upon themselves. This we know, that the Earth does not belong to man; man belongs to the Earth – Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself."

American Indian Chief Seattle to the US Government, 1854. N

Submitted by Robert L Coleman,
taken from "The Earth Spits Back"



Environment and you

FIRST AID FOR STUCK DOLPHINS AND WHALES

1 If an animal is caught on pilings, rocks, obstructions, etc, whenever possible, remove the animal into a stable position with belly down. Animals on their sides in water are likely to drown.

On beaches, scoop out the sand which is propping up the front flippers.

Dig a hole (without a drain) so the animal is not resting on its flippers.

If the animal rests on its flippers, this position will cut off circulation.

2 Erect a make-shift shelter to provide shade. This may be a simple lean-to constructed from tarpaulins.

3 Apply water-soaked light-coloured towels, sheets or cloths to as much of the body as possible. Re-soak the towels frequently to keep the animal's skin moist.

If the whale is extremely large, be sure to at least keep the appendages cool as the flippers and tail flukes are instrumental in body heat regulation.

The primary objective of first aid for a stranded whale or dolphin is to get rid of heat. Plastic bags filled with

crushed ice should be placed around the flippers and flukes only.

4 Do not obstruct the blow hole with coverings. Keep water out of the blow hole. This hole is the means by which a whale or dolphin takes in and breathes out air.

5 Apply lanolin, vaseline or zinc oxide to areas you have to leave exposed to the sun.

Do not use sun tan lotions or other preparations.

6 Cooperate in careful crowd and noise control.

Try to insure a minimum of

handling and disturbance for the animal, since it is already (by the nature of its stranding) undergoing considerable stress.

At night, no lights or flash bulbs should be shone directly in its eyes.

It is also recommended that you report any strandings to the nearest Department of National Parks & Wildlife in your area. **N**

Also, ORCCA provide excellent advice and information on dolphins and whales. Contact:

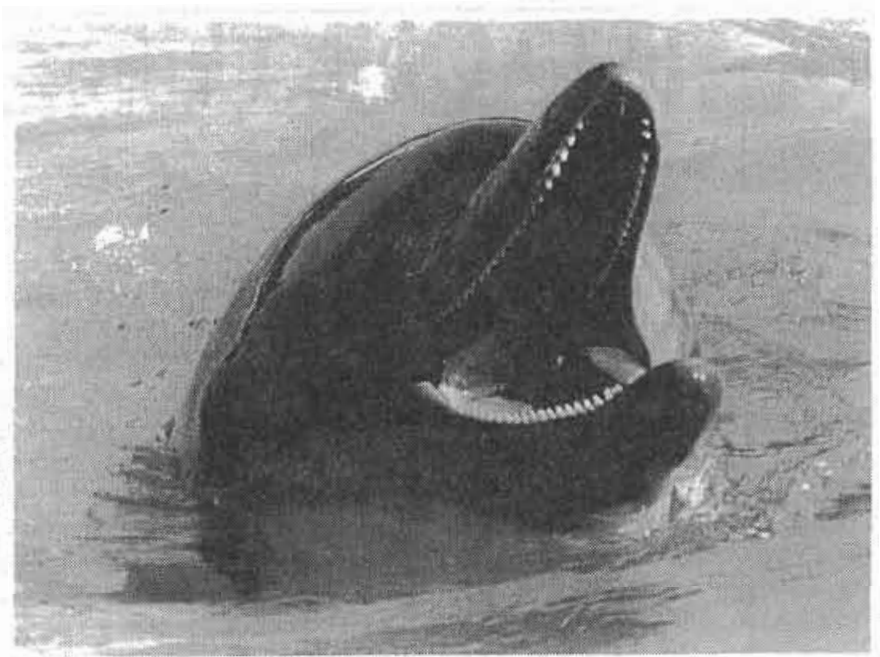
PO Box 163

UMINA NSW 257

ph (043) 243 918

Via Pegasus Networks

Jennifer Hewison



Growing food in the big city

PERMACULTURE

Are you growing some of your own food? If not, then now's the time to start. It's spring, the days are getting longer and warmer and starting from scratch you could be harvesting the first produce in less than two months. Did I hear a groan ... you're not counting up your excuses now are you? anyway I'm not listening, I've heard them all before: "I'm only renting", "I'll do it when I move to the country", "It's too polluted in the city", "I'll probably be moving house again in six months", "My backyard's too small", "What! Spend the rest of my weekends digging and weeding?", "I don't have a green thumb, every pot plant I ever had died on me", "I'm too busy"....

It was comments like this that really spurred me on when I first started teaching permaculture in Sydney in 1984. I'd recently moved from a farm in the hills of the NSW Mid North Coast where I'd been growing vegies, fruit trees, babies and free range eggs for six years, and found it hard to believe that "alternative" folk in the city were so reluctant to give gardening a go. Not just city folk, there's a lot of people out on their dream farm that still don't grow their own.

All excuses and comments aside, there I was in Sydney, I found a house to rent in Petersham one block behind Parramatta Road—talk about pollution! The garden there probably had some of the heaviest lead fallout in Australia, and the soil was so bad even the couch grass had problems. It was an exciting challenge, after having 170 acres at my disposal, to

see just how much food I could grow in a back yard of only 6 x 8 metres with a lousy southerly aspect, polluted soil, in a rented place I didn't expect to be in much longer than a year. Actually I decided I wouldn't even start teaching permaculture in Sydney until I'd done it myself under these most impossible circumstances. Three months later I was the proud forager of a little food oasis that boasted about 20 different

You can construct and plant out a whole garden in less than a day, and it doesn't matter how bad your soil is, you can make one of these gardens anywhere, on sand, rock and even concrete.

types of vegies and just as many herbs. The garden continued to flourish and produce heaps of yummy food for the eighteen months I lived there—I even had a surplus to give to the neighbours.

Apart from harvesting, which is more fun and less work than going shopping, I averaged about 30 minutes a month on actual work to keep the garden going: watering, mulching, sowing seed and setting seedlings. Honestly I didn't have time to do much more, working regular hours supervising a council tree planting project, teaching

permaculture at TAFE several evenings a week, and making herbal cosmetics for my weekly market stall in Paddington, plus teaching the odd permaculture course and workshop, getting a consulting group and association happening, and in my spare time organising a national conference!

I must admit I do have a slight tendency towards work-a-holism, but what's the point in being bored and sitting around complaining about the world's problems?

Another confession—I couldn't have done it—the garden that is—without good old permaculture design and sheet mulching.

The beauty of sheet mulching is that it cuts out most of the arduous work usually associated with gardening, like digging and weeding. It also means less watering. You can construct and plant out a whole garden in less than a day, and it doesn't matter how bad your soil is, you can make one of these gardens anywhere, on sand, rock and even concrete. The process is easy, you simply collect a pile of newspapers or old underfelt, wet them and lay them on top of the ground, on top of the grass and weeds, and that forms a weed barrier. Then you need a thick layer of mulch on top of the weed barrier to grow your plants in—at least 15-20cm, more if it's on concrete. The mulch layer can be stable sweepings, straw, hay, lawn clippings, compost and a bit of animal manure. I generally use a few different materials to make sure the plants get a good range of nutrients. Every garden I've made has been



different, depending entirely on what is available for use, but everyone of them has worked and grown plenty of delicious organic food.

Another secret for success is using companion planting combinations, and non-hybrid seed. I allow some plants to self sow in the garden, which naturally saves a lot of time and effort. I call these plants "volunteers" and some of my favourites are mignonette lettuce, upland cress, parsley, coriander, tiny-tim tomato, dandelion, radish, bok choy, chicory, chickweed, japanese parsley and nasturtium. I also select good value for effort vegies that produce for a long time like silverbeet, broccoli, celery, capsicum, eggplant and beans.

Asparagus will thrive and produce for 20 years or more and globe artichokes will grow for years in the right climate.

Although I feel some regret leaving a garden behind, I value the experience gained from each and the challenges they present. I'm sharing this story with you as an encouragement that we don't have to wait for the ideal situation and circumstances before we act, there's so much we can do here and now, and one of the most basic things we can participate in towards taking control over our own lives and as a contribution to the healing process of the earth is to grow at least some of our own food.

Happy growing ! **N**

ROBYN FRANCIS is the managing editor of the International Permaculture Journal and as a Permaculture teacher and design consultant has worked in many different parts of Australia and overseas since 1984. Her experience has involved climates ranging from the arid and humid tropics through to cool temperate zones, in both urban and rural situations. A singer/songwriter in her spare time, her first album is due for release next year.



DON'T SELL URANIUM STOCKPILE SAYS FRIENDS OF THE EARTH

FoE has condemned moves to sell off the Australian Government uranium stockpile for \$50 million.

According to FoE's Uranium researcher, John Hallam: "Moves to sell off the stockpile in the near future make no commercial sense. While the spot-price has risen slightly in recent weeks, it is far from anywhere near the cost of production. Australia's 2,000 tonne stockpile will force down spot-prices again, without gaining a decent price for the Government. \$50 million is a pittance for such a quantity of uranium, and will do nothing to solve Australia's balance of payment problems."

"The timing of the sale seems to have more to do with the upcoming ALP conference, than with any realities of the uranium market. If the government were interested in getting a decent return on the stockpile, it would wait a number of years before selling it off", Hallam concluded.

Note: The sale of this stockpile would wipe out the 2,000 tonne/year shortfall in yellowcake production, resulting in a

worldwide glut and probably the lowest prices on record.

Pegasus Networks

NUCLEAR TEST

SPANS Information Service on Nuclear Testing reports that China tested a 50-200 Kts nuclear bomb at Lop Nor on 16 August 1990.

China have conducted two tests this year, France four and the United States four.

SPANS, August 30 1990

ANOTHER REPORT SAYS MORUROA LEAKS

Greenpeace has called on France to immediately end nuclear testing at Moruroa atoll and to provide full access for an independent and comprehensive study to determine the extent of environmental problems at Moruroa.

The call follows the publication of another scientific claim that radioactivity from underground tests may have already reached the surface.

The supporting evidence, restated by US physicist and oceanographer Norm Buske,

comes from re-analysis of data collected by Jacques Cousteau following an explosion at Moruroa in 1987. Two of the samples taken showed the presence of cesium-134, a radioactive isotope with a half life of two years.

In Auckland, Greenpeace spokesperson Stephanie Mills said today that "the burden of proof now rests clearly with the French. These findings contradict French claims that the atoll will not leak radioactive contamination for hundreds of years."

SPANS, August 30 1990

X-RAYS BLAMED FOR CANCER DEATHS

Britain's doctors could halve the dose of X-rays to the population without sacrificing the accuracy of their diagnoses, according to a recent report*. The authors say that up to 250 deaths from cancer each year may be caused by unnecessary X-ray examinations, and criticise clinicians and health authorities for the "inordinately long time" they have taken to introduce dose-reducing equipment available

since the early 1970's.

The report, by a joint working party of the National Radiological Protection Board and the Royal College of Radiologists, also notes that British doctors use X-rays only about half as frequently as their counterparts in the US and France. The Department of Health said it did not want to comment until the report had been published. *Patient Dose Reduction in Diagnostic Radiology, NRPB 1990

New Scientist 1990

FAULTY NUCLEAR WEAPONS IN EUROPE

Serious questions were raised on Capitol Hill and in the Bush Administration about US nuclear weapons safety in Europe after defective nuclear artillery shells were discovered and secretly repaired.

It was feared that the warheads could have exploded accidentally while stored in Europe. The artillery shells are now being modified so they will detonate only after being fired in battle.

The Washington Post - 24 May 1990

The effects on the body from

VIBRATIONS

Sound, light and electromagnetic fields are all part of the vibrations that surround us in our work and home environment. They have been steadily increasing by consumer demand for an easier lifestyle and the coming of the electronic age. Some vibrations can positively help and energise the body—like natural sounds and some music, while others, like loud noise and low frequencies we can hear (and not hear) are potentially de-energising and can place our bodies at risk.

Two researchers from quite different fields: Harry Oldfield – biologist/scientist and Dr A A Tomatis, (Paris) – Ear/Nose/Throat Specialist, have developed technologies which can help to reverse the effects of excessive disturbing vibrations by applying pulsed high frequency sound (and light) directly to the body.

Before describing their work, I would like to offer a view of the body “as a series of interacting multi-dimensional subtle energy systems”. If these systems become imbalanced, then symptoms may manifest on the physical/emotional/mental or spiritual plane.

The concept of life energy, Ki or Chi has long been used in Natural Therapies – Acupuncture, Homeopathy, Reflexology, Acupressure, Herbalism, to name a few, all seek in their own way to open pathways in these subtle energy systems, to find the “keys” to switch the flow towards a natural balance; by using needles, touch, bio-chemicals to stimulate, calm and balance the system.

Kirlian photography gave us some proof of these energy fields around organisms, particularly the “phantom leaf” effect which shows a “form” even though the physical matter has been removed. However, this method has been fraught with many variable factors like stability of equipment, temperature, humidity and barometric pressure controls which has meant it has been difficult for researchers to get

He discovered while taking Kirlian photographs that as well as light, there was measurable sound and electromagnetic waves emanating from the body...

consistent meaningful results. One such researcher who succeeded in producing reliable results and has gone on to extend the concept further into a dynamic three-dimensional model or view of the organism is Harry Oldfield.

ELECTRO-CRYSTAL THERAPY

Harry Oldfield's early work on Kirlian photography showed very clear examples of the “life-force” in food and confirms the value of natural food against processed food. However, his major interest was in developing a safe, less hazardous

way of analysing the human energy field, using the Kirlian technology.

He discovered while taking Kirlian photographs that as well as light, there was measurable sound and electromagnetic waves emanating from the body when in contact with a pulsed high frequency generator. He then used sound instruments to systematically measure the entire energy field. He noticed variations where there was distress and excesses, and was able to carefully work out which frequencies calmed, stimulated and balanced these areas. By pulsing the waves through quartz crystals and other gem stones he found the healing effects to be greatly enhanced.

The present-day scanning is simple, safe and effective. The subject holds an electrode in one hand and the therapist scans the stimulated energy field close to the body with an electromagnetic probe and establishes the pattern of energetic response. Correction is then done simply by placing the probe on the areas out of balance and fine tuning the instruments' wave form to balance, calm or stimulate the area as required for a short time before re-scanning to see results.

Research has continued and has now developed to a dynamic visual system linked to a computer where the energy field is produced in colour. Harry's forthcoming book will describe this fully.

What Oldfield's work has shown is that the body emanates a full spectrum vibration and can be healed by sound, using specific pulsed high frequency waves.

Kay Distel

Another researcher from a different background has shown that by focussing on the ear as a gateway to the body and by increasing the ear's ability to take pulsed high frequency sound, the brain can get in better tune and begin the process of harmonising the entire body.

SOUND THERAPY

Dr A A Tomatis started his research 40 years ago by defining what function the ear plays within the body. He believes what we hear effects us more than any other form of sensory input and so, plays a major role in our state of health.

He puts forward the idea that the ear is made not only for hearing, but intended to benefit the whole organism through the stimulation of sound. He showed conclusively that the best sound to stimulate the organism is high frequency sound softly played. The high frequency stimulates the cerebral cortex and energy latent in the brain is released. The "recharging" of the brain provides a new level of energy and harmonises the nervous system relieving stress, lowering blood pressure and inducing a deep sleep which enables a person to be fully rested on less sleep. There is also improved brain function.

There is frequency level and decibel level. Noise pollution laws reflect our knowledge of research about loud noise, that is decibel level. Both high and low frequency loud noise or sound will cause distress. Research has shown that noise affects sleep of babies and adults.

Research Psychologist Dr. Theodore D. Wacks, Purdue University (N.Y. Times 16 Nov 1982) found babies raised in noisy homes were slower to imitate adult behaviour and had delayed verbal development and exploratory activity. The French researchers Muzet and Erhart (1983) found that even though test subjects were not consciously disturbed by noise during sleep, their bodies failed to acclimatise to the noise. The long-

The low hums and the loud sounds that pervade our homes, workplace and streets can and do affect our health and distress our body.

term effects on the cardio-vascular system of low noise during sleep are much greater than thought. Frequency is surprisingly significant in the western world.

HIGH FREQUENCY SOUND

The sounds of nature, classical music – particularly flute and violin music – have a great deal more high frequency sound than, say, rock and roll. New age composers like Halpern, Horne and Isis tend to compose music that has the well being of the listener at heart and design music to relax, harmonise and help self-reflection.

RECOMMENDATIONS

The low hums and the loud sounds that pervade our homes, workplace and streets can, and do, affect our health and distress our body. It may seem impossible to do much about it, but I believe we need to start in a small way to take action to raise our consciousness about these effects:

- consider filling your home with harmonised music to give some respite to the excessive low frequency blare that fills our shops
- turn off electric blankets before sleeping. To protect the body from extra low frequencies have a lambswool undersheet over the blanket
- ensure that appliances are turned off at the power point when equipment is not in use. **N**

Kay Distel has spent 9 years researching in the UK with Gerda Boysen, Harry Oldfield and others – the effects of vibrations on the human body. Kay is currently living in Australia, and can be contacted on (02) 565 3251. Ring for workshop/ seminar details.

FURTHER READING:

Sound Therapy for the Walkman, P Joudry. Available from Sound Health! Box 5069 West Chatswood 2057 (\$17.00 incl p+p)

Dark Side of the Brain, Harry Oldfield and Roger Coghill. Available from Sound Health, or discerning bookstores (publ. Element Books)



HEALING WITH OXYGEN

PART 3 (FINAL)

(This is part 3 of an article extracted from an USA magazine called "Now What". We strongly suggest that you buy Nexus #9 and #10 if you want the full story ...)

CHLORINATED WATER & HEART DISEASE

Over twenty years ago Dr Joseph M Price demonstrated the undeniable connection between the practice of chlorinating water supplies and arteriosclerosis, in which a plaque composed mainly of cholesterol builds up inside arteries, resulting eventually in heart attacks and strokes.

Cholesterol is a lipid (fatty) substance present in all animal cells and essential to life; it's a precursor for many common biochemical compounds. But when excess chlorine has been absorbed from drinking chlorinated water, it reacts with some of the cholesterol in the blood, forming the yellowish fatty deposits that accumulate along artery walls, narrowing and hardening them, and often causing ruptures.

The fact that the buildup is mostly cholesterol has led to the common assumption that the amount of cholesterol consumed is what determines susceptibility to heart disease. But while reducing cholesterol intake can lower risk somewhat, the theory that cholesterol is the sole cause of heart attacks has serious flaws.

It ignores the fact that heart attacks were virtually unknown until this century, when chlorination of water began, and they

remain quite rare in places such as China as long as the practice is not adopted. It also does not explain how people such as eskimos with massive cholesterol intakes remain free of heart disease.

Nor does it account for the buildup of a chemically similar deposit on inorganic surfaces where chlorine and cholesterol come in contact, such as in containers and hoses which are washed in chlorinated water, then used in dairies for handling milk,

Chlorine in water also reacts with other substances present to form such carcinogens as chloroform and assorted organic halides. Chlorine, fluorine, iodine and bromine are known as halogens ('salt-formers').

which of course is full of cholesterol. This and much related evidence is detailed in Dr Price's 1969 book, "Coronaries, Cholesterol, Chlorine" (Jove Books, NY, USA).

Chlorine in water also reacts with other substances present to form such carcinogens as chloroform and assorted organic halides. Chlorine, fluorine, iodine and bromine are known as halogens ('salt-formers'). These all have seven electrons in the outer orbits, so to fill in the eighth they readily latch on to electrons in other atoms. Since they seldom

part with electrons, they and their compounds tend to be very non-conductive, so their roles in our conductive processes come to a grinding halt. Their relative scarcity is a lucky break for life in general.

The effectiveness of H₂O₂ or ozone in reversing arteriosclerosis is due to the scouring effect of the active single oxygen released, which oxidises the accumulated lipids from arterial walls, restoring the arteries' flexibility and capacity.

RATIONAL WATER PURIFICATION

Strangely enough, the chlorine added to water supplies doesn't itself directly kill germs; it causes the water to release single oxygen atoms, which then oxidize the germs.

So chlorination is basically a roundabout, expensive, toxic and less effective way of doing the same thing as ozone or H₂O₂ in water.

Despite the effectiveness in Europe of ozone and H₂O₂ in water supplies, and the increasingly obvious link between chlorination and heart disease, it will take sustained public pressure to get water authorities to make the transition soon. Until then everyone's pretty much on their own as far as obtaining safe drinking water, or purifying what's available. H₂O₂ will clean up most tap water, though the amount needed varies widely, and an effective quantity tends to be close to the amount that makes the water metallic-tasting. Ozone, on the other hand, purifies water without altering the taste too much.

One can absorb as much chlorine through the skin from



swimming in a pool treated with it, as from drinking chlorinated tap water. To prevent this, some pool and spa owners are switching to adding H₂O₂, or using ozone generators, although those represent a much greater initial expense.

FDA, AMA AND ACCOMPLICES COULD FACE MASSIVE LAWSUITS

The US medical establishment's collective disregard of the oxygen therapy option has enabled breathtaking sums of money to flow into the drug industry, but has also caused enormous suffering for those denied the alternatives.

Whether this was intended or "just happened", the effect has been the same as deliberately allowing millions to die of poisoning (from toxic by-products of inadequate oxidation) while withholding the antidote.

Practically everybody has known someone unnecessarily struck down by one of many diseases which could have been reversed if oxygen therapy had been widely available.

As public awareness of this situation grows, those agencies seen as responsible could face un-precedented wrongful death lawsuits.

So for those who control the primary medical information channels, the safest thing to do is recognise that the game is up, if that's what it's been, and get in on publicising this breakthrough in their own professional style. That way while helping others they can protect themselves from potentially disastrous future legal judgements.

OTHER APPLICATIONS OF H₂O₂: ANIMALS

The health of other mammals and birds, like our own, depends on maintaining a high internal oxygen tension. Not only can their diseases be reversed by dosing them with H₂O₂, but they grow bigger and stronger and live longer when it's added regularly to their drinking water. Given a choice between plain water and water containing up to 0.1% of H₂O₂, animals will choose the oxygenated water. One rancher

As public awareness of this situation grows, those agencies seen as responsible could face unprecedented wrongful death lawsuits.

said after he started adding H₂O₂ to his horses' watering trough, his dog took to jumping the fence to drink from the trough, instead of from his bowl of ordinary water. The dog resumed drinking from his bowl when H₂O₂ was added to it also.

Kittens who are given 0.5% H₂O₂ through a dropper, to ward off colds and other infections, will grow up familiarised with the taste and apparently don't mind it even at that strength; as adult cats they'll voluntarily drink it right off the end of the dropper when it's offered, usually taking about one or two teaspoons at a time.

Such cats appear to be immune to infections of feline leukemia, despite frequent

exposures in areas where the disease is common.

Cats who have already contracted FL can be pulled out of it if an oral H₂O₂ regimen is started soon enough. One to two tablespoons of 1%, three times a day, seems to be enough. Some vets might be willing to provide H₂O₂ IV's as well, though these need to be slow infusions (around 1/2), and with cats that could be a bit tricky.

As with humans, animals' wounds remain uninfected and heal more rapidly when they are cleaned daily with 2% H₂O₂. Even bites that have already abscessed can be washed out with H₂O₂; the dead matter comes away, the inflammation goes down and good granular tissue forms swiftly.

Robert Stroud, the "Birdman of Alcatraz", reported in his highly respected book "The Diseases of Birds" that he administered 0.75% strength H₂O₂ to his birds to knock out a wide range of disorders. Also, a few drops added to birds' drinking water appears to increase their energy, longevity and fertility.

H₂O₂ AND AGRICULTURE

Although plants take in CO₂ and release a net excess of oxygen during photosynthesis, their own metabolisms and immune systems require a high internal oxygen saturation for reasons similar to our own. After dark they must absorb some oxygen from the air to keep their own cells alive, which is why the potted plants are often removed from hospital rooms during the night.

Oxygen starvation is killing entire forests downwind from regions that generate heavy air



pollution. It can readily be demonstrated that lowering the oxygen level around plants slows their growth rate and weakens their resistance to pests and infections.

Anyone can also verify by experiment that plants grow stronger and faster when H₂O₂ is added to their water, at one part 35% H₂O₂ to 300 – 400 parts water.

Optimum concentrations will vary slightly among different species. Even adult trees that are struggling with disease or drought can usually be restored to good health by spraying with a mild solution of oxygen water.

An excellent article entitled "Farming with H₂O₂" appeared in the October 1988 issue of "Acres USA".

It covers livestock applications of H₂O₂, as well as soaking seeds in H₂O₂ for vastly improved germination, plus as a foliar feed in the form of a spray.

OXIDATION AND WEIGHT PROBLEMS

Excess weight is due to inadequate oxidation of food, leaving it to get stored in lipid form for later.

If there are no extended breaks from eating in which to

Excess weight is due to inadequate oxidation of food, leaving it to get stored in lipid form For later.

burn off the extra stored fuel, it continues to accumulate and interferes with free movement, among other things.

The added weight compresses the body's cells, further restricting their oxygen supply and intensifying their

sensation of under-nourishment, to which the usual response is greater food consumption.

A higher oxygen level allows the body to oxidise its fuel more effectively, including fuel that was stored away for hard times that never came.

More efficient oxidation provides greater energy and nourishment from less food, eliminating inaccurate hunger signals and letting the body's weight drop to its optimum range.

It should be mentioned in passing that oral use of H₂O₂ does not harm the beneficial bacteria that aid in digestion, though it will eliminate those which live on fermentation rather than oxidation of organic matter.

Clearly when the body is at an optimum oxygen saturation, any bacteria necessary for digestion would have to be able to tolerate the same high oxygen levels in order to co-exist.

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OXYGEN AND TEMPERATURE CONTROL

Some Tibetan monks are reported to be able to internally generate enough body warmth to keep from freezing in sub-zero temperatures, overnight without protective clothing, while even drying out wet sheets draped over their shoulders.

Supposedly there was a time when many people were able to keep warm in this way, by summoning the heat directly from dormant energy in their own cells, rather than burning dried up chunks of old departed carbon life forms.

Body warmth comes from oxidation so staying warm should have been easier with a higher level of free oxygen in the air.

The monks' temperature-control feat partly involves raising their internal oxygen tension through breathing exercises.

H₂O₂ WARNINGS

It is extremely important for those using 35% H₂O₂ to handle and store it as carefully as any other potentially dangerous disinfectant. Although it is highly beneficial when diluted to low concentrations, if undiluted it is a powerful oxidiser that can do serious internal damage. No solutions stronger than two percent are indicated for internal use, and that concentration is only for the swish method, where the H₂O₂ is kept in the mouth for several minutes before swallowing. When chugging it down straight, one half of one percent (0.5%) is about the most one can comfortably handle. For comparison, H₂O₂ IV's use no more than .035% strength, or one part in a thousand, at about 250cc's per infusion.

Pure 35% H₂O₂ should never be left anywhere within reach of children, or transferred to an unlabelled container. It keeps best

in the freezer; at that concentration it won't crystallise until it gets down around 33 degrees below zero. If it freezes in a regular domestic freezer, toss it out and find a different source.

It is clearly time to start grasping the importance of oxygen in maintaining health and sanity, and to start taking steps to ensure an adequate internal supply for the duration of the atmospheric oxygen crisis. **N**

(This information is given for research and educational purposes only, and is not intended to prescribe treatment).

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Excerpted from Now What #2
PO Box 768
Monterey, CA 93942 USA*



FLUORIDE PUSHERS SHOCKED BY THEIR OWN STUDY

An analysis of the largest survey of tooth decay rates ever conducted showed conclusively that fluoridation does not reduce tooth decay.

The National Institute of Dental Research (NIDR) surveyed 39,207 children aged 5 to 17 from 84 geographical areas. The results so upset and dismayed the NIDR that in the press release issued June 21, 1988 they stated that "no breakdown was made of fluoridated versus non-fluoridated areas, but that tooth decay rates were "dropping" across the country". They "presumed" fluoride

was responsible for the reduction.

That wasn't good enough for Dr John Yiamouyiannis, a long time anti-fluoridationist with impeccable credentials. He has been a thorn in the side of the NIDR and the American Dental Association for more than twenty years. Unwilling to give up their statistics paid for by \$3,670,000 of taxpayers dollars, the NIDR was finally forced to turn over the information only after Yiamouyiannis invoked the Freedom of Information Act. The massive evaluation of the statics proved what other, less comprehensive analysis had also shown. No reduction in tooth decay through fluoridation of the water supply.

*Fluoridation will
die a slow and well
deserved death in the
years ahead.*

When the Yiamouyiannis study began getting coverage in many newspapers and magazines, the NIDR was forced to study a breakdown of their own figures. More than one source suspects they always had the breakdown, but chose not to release it because it showed inconsequential differences no matter how they massaged the numbers.

THE GREAT GLAND GLITCH

In the last issue of *NEXUS New Times* the acetate (colour overlay) on one of the centre page illustrations was accidentally inverted during the production process, so that one of the figures ended up with sex (the gonads) on the brain.

This is how it should have looked ...

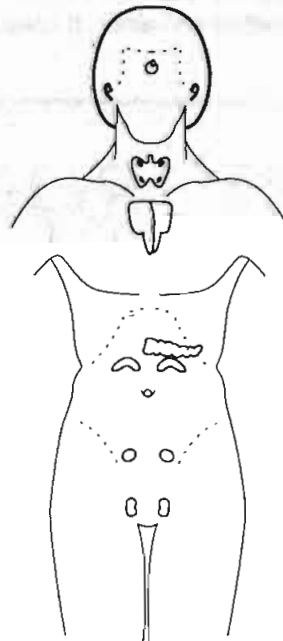
Although these glands are seen as "autonomic" by modern medicine it has long been recognised in Yoga and Martial Arts that each set of glands is seated in its own muscle sheath.

These muscles are:

The Base—pull upwards between the anus and genitals

The Hara—3 fingers width below the navel, pull back

The Solar Plexus—4 fingers



width above the navel, pull back

The Diaphragm—pull up and forward

to squeeze the Thymus gland
The Throat Muscles—'milked' or pulled from the front of the neck at the bottom (the "nape") up to the back of the base of the skull
Above the Eyebrows—contracted to create pressure on the pineal gland

Above the Ears—contracted up to work the 'fontanelle'.

Working these muscles with gentle, rhythmic contractions will strengthen the glands and therefore the chakras.

Breathing In, and squeezing, relaxing, breathing out, tones the glands. Breathing Out, squeezing, emptying the glands to where you squeeze to. Up the spine is safest at first.

by John Burke



DEFEATED BY THEIR OWN STUDY

In a desperate effort to save face, the NIDR reported an 18% reduction in surface cavities. The next question is, 18% of what? As it turns out, 18% means one half cavity per child on average from age 5 through 17. By their calculations, a child in a fluoridated area would have 2.8 cavities, a child in non-fluoridated area 3.4, or a difference of 0.6 cavities. The 18% is arrived at by dividing .6 by 3.4. A spokesman for NIDR admitted that the decay rate for teeth "is rather low so that there is very little difference in

most anything". Only by using a statistical technique used by 20% of such studies could the NIDR come up with even this minor discrepancy. Using the technique employed in the Yiamouyiannis study and by 80% of all others, they would have gotten the same results, ie, no difference at all.

ADA BACK-PEDALS QUICKLY

The American Dental Association, in a rare and humiliating admission, has reduced its statements of 40-60% reduction to 18-25%. We now know where they get the 18%, itself a

misleading figure. Nevertheless, getting the ADA to backtrack from its long held hard line position is tantamount to getting the Tobacco Institute to admit cigarette smoking causes lung cancer or heart problems. Fluoridation will die a slow and well deserved death in the years ahead. The evidence against it is so overwhelming even proponents are backing away. Many dentists have quietly quit recommending fluoride tablets or other fluoride supplements after seeing their young patients develop dental fluorosis over the years. **N**

MACROBIOTICS

food for thought

I started Macrobiotics 9 years ago in a cold damp squat in London town. I had recently arrived from New Zealand and was staying with some friends. Upstairs lived an English couple who at the time were studying macrobiotics at the East West Centre.

That 'word' didn't mean anything to me at that time, until one morning – when Keith the macro from upstairs – discovered me spreading miso over my toast in the morning. I thought at the time it was an exotic form of "Vegemite", definitely something to write home about. I had never heard of macrobiotics, but in an early morning conversation in damp-infested London, I began to understand its meaning.

Macrobiotics is a philosophy that is applied to many things, not just food. We concentrate on food to begin with because we have lost our awareness and intuition about the role food plays in our day to day health and relationships, so that with renewed energy we can go about pursuing our dreams and happiness.

Most people begin macrobiotics because they want (and need) to improve their health. Most will 'cure' their original problems within the first six or twelve months.

Sea Vegetables: Generally, the

Japanese and Asian varieties only are available here, although recently in NZ they have begun to harvest them. If you don't like the taste, leave them for a while, as after cutting down on dairy foods and sugar, people usually begin to appreciate them. Wakame is used in soups, salads and vegetable dishes. Kombu we use to cook beans and make digestible. Arame and Hiziki are used in small amounts for side dishes. They are an excellent source of minerals especially calcium. They combine with toxins in the body and help remove them. This is especially helpful in our air, water and soil polluted environment. Also, in oriental medicine they correspond with and strengthen the kidneys and sexual organs.

Cereal grains can be prepared in

many ways, including pressure cooking in winter, boiling, roasting and baking. For this climate, especially the summer months, noodles make an excellent choice, as well as good quality pasta. Cereal grains are complex carbohydrates, at last our modern nutritionists are saying to eat more of them! They produce a steady blood sugar level in the body thereby not taxing the pancreas, liver and kidneys.

We use seasalt in Macrobiotics in very moderate quantities. It helps to keep our blood alkaline and strengthens the functioning of our kidneys and nervous system. To begin with, just use a small pinch in cooking grains and noodles and occasionally seasoning vegetable dishes. Always use in cooking, not at the dinner table!

If your health is generally OK, use all the available seasonal vegetables, some cooked and some raw. For healing, sometimes certain vegetables are avoided and more cooking is emphasised. Occasional seafood once or twice a week is more appropriate than animal food for extra energy, protein and B12.

Miso, tamari, umeboshi plums, gomasio and kuzu (I will go into more detail next issue) are used in small amounts to effect good taste



Roger Green

and to energise our healing. They produce a more alkaline blood, which is important for our well-being and immune system.

Fruit and sweeteners are used in smaller amounts. They are an excellent source of moisture, energy and vitamins, but in excess can cause "yin" symptoms such as coldness (also hot head and cold feet), muscle weakness, difficulty to concentrate, bruising easily, dull aches and pains and emotional patterns such as worry, fear and timidity.

Finally, it is worth remembering that all symptoms are the body's natural and healthy mechanisms for regaining its balance. Therefore, trust your body, listen to its messages and learn from your experiences. Through experimentation, you will soon see how easy it becomes to keep a stable mind and body. **N**

If you would like to purchase the Australian School of Macrobiotics Cookbook, which describes the macrobiotic approach in more detail, and with delicious recipes, send \$25.00 plus \$3.50 postage and packaging to:
A.S.M
PO Box 705
Glebe NSW 2037

DASHI

*1 x 6" strip of kombu, rinsed
4 x shitake mushrooms,
de-stemmed
5 shallots, washed and trimmed
1 lump of ginger, cut
water
shoyu/umeboshi vinegar*

In a pot, assemble kombu, mushrooms, shallots and ginger. Cover with water and simmer for 30-40 mins. Strain. Chop kombu into squares, shitake into slices. Return these ingredients to stock and season well with shoyu and umeboshi vinegar. Garnish with attractively cut greens.

TOFU EGG NOODLES

*1 1/2 litres cold water
2 sticks kombu
5 shitake mushrooms, rinsed
1 tablespoon mirin
1 carrot sliced
2 cups chinese greens, sliced
1 egg per person
shoyu to taste
1 spring onion, sliced to garnish
black pepper
dark sesame oil
1 pkt udon or Chinese noodles
1 block tofu, sliced or diced
bean sprouts*

Cook noodles, rinse under cold water and drain. Add kombu to water with shitake and carrot. Bring to a boil slowly. Simmer for 15 mins till shitake mushrooms are soft. Remove kombu. Add Chinese greens and mirin. Place some noodles in each bowl. Add 1/4 teaspoon dark sesame oil to each, then tofu, bean sprouts, spring onions and 1 tablespoon shoyu or to taste. Slice the shitake and share them between the bowls. Add hot broth. If you don't

mind eggs only slightly done, break into the bowl just after adding stock. Alternatively, separately poach the eggs in shallow water and put on top of noodles. Grind lots of black pepper on top.

BUNYA NUT CASSEROLE

*4 cups boiled bunya nuts, minced
or finely chopped
250 g tempeh slices
2 medium onions
500 g tomatoes, thinly sliced
250 g sharp cheese, grated
(optional)
salt and pepper to taste*

Grease a 2 litre deep casserole dish. Cover bottom with a layer of bunya nuts, then add layer of sliced onions, which have been fried in a small amount of oil until soft and clear. Next add a layer of lightly fried, chopped tempeh, then a layer of tomatoes. Sprinkle with some grated cheese. Repeat layers, finishing with bunya nuts sprinkled with grated cheese. Cover and place in moderate oven for 1-1 1/2 hours, removing lid for last 15 minutes.

BLUEBERRY JELLY

*1 punnet blueberries, washed
1 punnet strawberries, washed
and cleaned
2 cups apple juice
1 cup water
3 1/2 tablespoons of agar flakes
tiny pinch sea salt*

In a pot, put water, salt and flakes. Simmer until flakes are completely dissolved (approx. 10 mins). Pour over berries in a rinsed mould, let cool and set. Remove from mould and serve with a mint garnish.

Death of a mystic — or murder?

BEHIND THE NEWS

The death of the controversial Indian mystic Osho, formerly known as Bhagwan Shree Rajneesh, on January 19 this year received worldwide media coverage.

The true cause of Osho's death became one of the most suppressed stories of the year so far. A detailed medical history of Osho's physical illness has been compiled by his doctor, a 45 year-old British physician called Swami Amrito. He states that the mystic suffered an inexplicable and severe decline in health following his imprisonment in the USA in 1985 after being arrested by federal agents on charges of immigration fraud.

The arrest was orchestrated by senior officials of the Reagan Administration, including the Attorney General Ed Meese. At a bail hearing in Charlotte, North Carolina, federal prosecutors went to extraordinary lengths to persuade the judge to keep Osho in jail, even though he had been arrested without a warrant, and in spite of the fact that bail is routinely given for technical immigration offences.

The reason why

federal officials so badly wanted to keep Osho in their hands did not emerge until two years later, in 1987, by which time the mystic was very ill. It was then that Dr Amrito and other members of the mystic's medical staff were forced to conclude, after conducting an exhaustive series of tests that ruled out every kind of disease, that Osho must have been poisoned while in jail.

"The London clinics who carried out the tests told us that the symptoms from which Osho had been suffering since being incarcerated by the U.S. Government were consistent only with poisoning by a heavy metal such as thallium," Dr Amrito explained. These symptoms included hair loss from his beard, general weakness, chronic bone pain, nerve damage, impaired eyesight, and an inability to resist infection. "No organ in his body escaped damage from the poison," stated Dr. Amrito

"Osho's poisoning by the Reagan Administration may never be proved," says Swami Amrito. "But I would like the world to understand the context in which the poisoning happened. Osho was regarded as a



threat by religious and political leaders all over the world, especially in the United States. Just recently an Indian newspaper confirmed our suspicions that Cardinal Joseph Ratzinger, the Vatican's chief watchdog on other religious movements, was also instrumental behind the scenes in getting Osho expelled from the USA," Amrito added. And this is the story, the real story, of Osho's death, which has yet to be told in full by the media.

"Incarceration, poisoning, deportation and a \$400,000 fine — all for allegedly 'arranging a marriage,'" said Amrito.

"The severity of Osho's punishment contrasts markedly with the treatment of the conspirators in the Iran-Contra affair, which was nothing less than an attempt to subvert the US Constitution. Richard Secord, one of the conspirators, was recently convicted, given a \$50 fine and put on probation for two years. As the magazine "Nation" put it: his only punishment was that the judge asked him to empty the loose change out of his pockets as he left the court." **N**

Battle for

YOUR MIND

Dick Sutphen

PART 2

(Cont from Nexus #10 Sept 90).

From a talk delivered by Dick Sutphen – at the World Congress of Professional Hypnotists Convention, Las Vegas, Nevada, USA.

In the entire history of man, no one has ever been brainwashed and realised, or believed, that he had been brainwashed.

Although I've been interviewed on this subject by many radio and TV talk shows, large scale mass communication of these facts appears to be blocked, since it could result in suspicion or investigation of the very media presenting it or the sponsors that support the media.

Some government agencies do not want this generally known. Nor do the born-again Christian movements, cults and many human-potential trainers.

Over the years, I've conducted seminars to teach people to be hypnotists, trainers, and counsellors. I've had many of those who conduct training and rallies come to me and say, "I'm here because I know that what I'm doing works, but I don't know why". After showing them how and why, many have gotten out the business or have decided to approach it differently or in a much more loving and supportive manner.

Many of these trainers have become personal friends, and it scares us all to have experienced the power of one person with a microphone and a room full of people. Add a little charisma and you can count on a high percentage of

conversions. The sad truth is that high a percentage of people want to give away their power – they are known as true "believers"!

Cult gatherings or human-potential trainings are an ideal environment to observe first-hand what is technically called the "Stockholm Syndrome". This is a situation in which those who are intimidated, controlled, or made to suffer, begin to love, admire and even sometimes sexually desire their controllers or captors.

The sad truth is that a high percentage of people want to give away their power – they are known as true "believers"!

But let me inject a word of warning here: If you think you can attend such gatherings and not be affected, you are probably wrong. A perfect example is the case of a woman who went to Haiti on a Guggenheim Fellowship to study Haitian Voodoo. In her report, she related how the music eventually induced uncontrollable bodily movement and an altered state of consciousness. Although she understood the process and thought herself above it, when she began to feel herself become vulnerable to the music, she attempted to fight it and turned away. Anger or resistance almost always assures conversion. A few

moments later she was possessed by the music and began dancing in a trance around the Voodoo meeting house. A brain phase had been induced by the music and excitement, and she awoke feeling reborn. The only hope of attending such gatherings without being affected is to be a Buddha and allow no positive or negative emotions to surface. Few people are capable of such detachment.

Before I go on, let's go back to the six tip-offs to conversion. I want to mention the US Government and military boot camp. The Marine Corps talks about breaking men down before "rebuilding" them as new men – as marines! Well, that is exactly what they do, the same way cults break people down and rebuild them as happy flower sellers on your local street corner. All of the six conversion techniques are used in boot camp. Considering the needs of the military, I'm not making a judgement as to whether that is good or bad. It is a fact that the men are effectively brainwashed. Those who won't submit must be discharged or spend much of their time in the brig.

DECOGNITION PROCESS

Once the initial conversion is effected, cults, armed services and similar groups cannot have cynicism among their members.

Members must respond to commands and do as they are told, otherwise they are dangerous to the organisational control. This is normally accomplished as a three-step Decognition Process.

BATTLE FOR YOUR MIND

ALERTNESS REDUCTION

Step One: The controllers cause the nervous system to malfunction, making it difficult to distinguish between fantasy and reality. This can be accomplished in several ways. Poor diet is one; watch out for food and drink sweetened with sugar as it throws the nervous system off. More subtle is the "Spiritual Diet" used by many cults. They eat only vegetables and fruits; without the grounding of grains, nuts, seeds, dairy products, fish or meat, and the individual becomes mentally 'spacey'. Inadequate sleep is another primary way to reduce alertness, especially when combined with long hours of work or intense physical activity. Also, being bombarded with intense and unique experiences achieves the same result.

PROGRAMMED CONFUSION

Step Two: You are mentally assaulted while your alertness is being reduced as in Step One. This is accomplished with a deluge of new information, lectures, discussion groups, encounters or one-to-one processing, which usually amounts to the controller bombarding the individual with questions. During this phase of decognition, reality and illusion often merge and perverted logic is likely to be accepted.

THOUGHT STOPPING

Step Three: Techniques are used to cause the mind to go 'flat'. These are altered-state-of-consciousness techniques that initially induce calmness by giving the mind something simple to deal with and focussing awareness. The continued

*Some spiritual groups
see this as nirvana –
which is bullshit.
It is simply a
predictable physio-
logical result.*

use brings on a feeling of elation and eventually hallucination. The result is the reduction of thought and eventually, if used long enough, the cessation of all thought and withdrawal from everyone and everything except that which the controllers direct. The takeover is then complete. It is important to be aware that when members or participants are instructed to use 'thought-stopping' techniques, they will become 'better soldiers' or 'find enlightenment'.

There are three primary techniques used for thought stopping.

The first is Marching: the thump-thump beat literally generates self-hypnosis and thus great susceptibility to suggestion.

The second thought stopping technique is Meditation. If you spend an hour and a half a day in meditation, after a few weeks, there is a great probability that you will not return to full beta consciousness. You will remain in a fixed state of alpha for as long as you continue to meditate. I'm not saying this is bad – if you do it yourself. It may be very beneficial. But it is a fact that you are causing your mind to go flat. I've worked with meditators on an EEG machine and the results are conclusive: the more you meditate, the flatter your mind becomes until, eventually and especially if used to excess or in combination with decognition, all thought ceases. Some spiritual groups see this as nirvana – which is bullshit. It is simply a predictable physiological result. And if heaven on earth is non-thinking and non-involvement, I really question why we are here.

The third thought-stopping techniques produce an altered state of consciousness. This may be very good if you are controlling the process, for you also control the input. I personally use at least one self-hypnosis programming session every day and I know these techniques to the degree of re-



maining continually in alpha that, although you'll be very mellow, you'll also be more suggestible.

TRUE BELIEVERS & MASS MOVEMENTS

Before ending this section on conversion, I want to talk about the people who are most susceptible to it and about Mass Movements. I am convinced that at least a third of the population is what Eric Hoffer calls "true believers". They are joiners and followers ... people who want to give away their power. They look for answers, meaning, and enlightenment outside themselves.

Hoffer, who wrote *"The True Believer"*, a classic on mass movements, says, "true believers are not intent on bolstering and advancing a cherished self, but are those craving to be rid of unwanted self. They are followers, not because of a desire for self-advancement, but because it can satisfy their passion for self-renunciation!" Hoffer also says that true believers "are eternally incomplete and eternally insecure"!

I know this from my own ex-

perience. In my years of communicating concepts and conducting trainings, I have run into them again and again. All I can do is attempt to show them that the only thing to seek is the True Self within. Their personal answers are to be found there and there alone. I communicate

*The born-again
Christians have
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that isn't enough
– they've added
the occult, the
New Age, ...*

that the basics of spirituality are self-responsibility and self-actualisation. But most of the true believers just tell me that I'm not spiritual and go looking for someone who will give them the dogma and structure they desire instead.

Mass movements will usually

have a charismatic leader. The followers want to convert others to their way of living or impose a new way of life – if necessary, by legislating laws forcing others to their view, as evidenced by the activities of the Moral Majority. This means enforcement by guns or punishment, for that is what law enforcement is.

A common enemy, hatred or devil, is essential to the success of a mass movement. The born-again Christians have Satan himself, but that isn't enough – they've added the occult, the New Age, and lately, anyone who opposes their integration of church and politics, as evidenced in their political re-election campaigns against those who oppose their views. In revolutions, the devil is usually the ruling power or aristocracy. Some human-potential movements are far too clever to ask their graduates to join anything, thus labelling themselves as a cult – but, if you look closely, you'll find that their devil is anyone and everyone who hasn't taken their training.

To be continued next issue

Token liberties

BIG BROTHER & THE CASHLESS SOCIETY

(We thought this was even more interesting in light of the current "Gulf Crisis.")

Jonathan May refers to the 'internationalists' as "a group of power-elite individuals, probably no more than 12-15 people, who hold the purse strings of every nation in the world, and control most of the governments – through control of their finances."

He decided to counter-act them by establishing a world-wide 'federal reserve'. (Nb: This is not referring to the "Fed", or US Federal Reserve, which is a privately owned company).

He got some Arabs to invest some large sums of money. At the point that the Arabs were to deliver the funds in order to start this new system, the 'internationalists' in England found out about it.

His life was repeatedly threatened, and so he went to America. In August 1986, shortly after arrival in the US, he was arrested and put in the Federal Prison in Minneapolis on erroneous charges.

The following is an extract from the transcript of a telephone interview by Pastor Lindsay Williams, with Jonathan May from the Federal Prison in Minneapolis, about 2 years ago.

"First of all there are 13 families that effectively control the central banks of the hard currency countries. Those 13 families have the control of the policy making and the decision making of the central banks of those countries.

They all, with one accord, practice fractional reserve banking. Fractional reserve banking has allowed the central banks to permit the prime banks, whose owners and controllers are the same people who own the central banks, to lend up to 26 units of currency, for every one unit of currency they have, quote, "on deposit". (In America, a deposit of \$1,000 can be used by the banks as 'security' to lend the equivalent of \$20,229.60, and that

A Pentagon official and three other US Govt officials had visited the Prime Minister in Nigeria. They offered him \$US50 million to more than double the price of body light (light crude oil).

does not include the interest).

The initial stages of the final phase of SYSTEM 2000, the global creditors' unilateral totalitarian plan, was put into effect back in the early to mid seventies.

A Pentagon official and three other US Govt officials had visited the Prime Minister in Nigeria. They offered him \$US50 million to more than double the price of body light (light crude oil). Only two nations in the world have light crude oil. It is the most valuable oil in the world, and it's price sets the price for other oil.

At the same time, George Bush and some others of the Trilateral Commission were persuading middle eastern nations and

England to consolidate OPEC, of which America is also a part.

The deal cut with the middle eastern oil producers, was that the oil buyers were prepared to pay significantly higher prices for the oil, provided the middle eastern nations 'supported' America, by investing these revenues in the big banks in America.

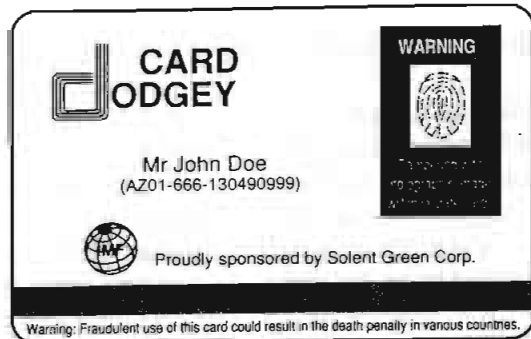
Sheikh Kheimani and the other oil ministers did not know until the late 70's/early 80's, that the controlling interests in the prime banks were also the same people who have the controlling interest of the major oil companies, through a joint stock trust that was set up by the original Rockefellers here in America in 1870, three years before the US Govt declared joint stock trusts illegal in 1873.

It is that entity that is the ultimate controlling factor in America of the prime banks, the Federal Reserve Board, the major oil companies and many of the major multinationals.

That trust is in joint control of the Rockefeller Foundation and the European interests. The deal cut with Saudi Arabia, Kuwait and other mid eastern nations was that they should put their money in the prime banks.

They did not know that the prime banks were able to lend out a ratio of approximately 20 times their deposits! Their revenues were only the interest on the monies they were depositing for between 10 and 30 years, receiving the principal at the end of the term.

Because they had locked-in deposits, these banks were then able to make loans to Third World Nations, whilst using the greed of the ministers of these nations to



mishandle the money.

In 1983, we became aware of a group of very, very quiet bank holding companies which, authorised under Regulation Y, Section 225.4 of USC, can extend credit under any terms they like.

We learned that these companies were receiving loans from the prime banks to buy foreclosed real property, ie: businesses with bricks and mortar from liquidations, foreclosures and bankruptcies – being effected by the FDIC and FSOIT, which are totally under the control of the Federal Reserve Board.

We then began to recognise what another group of holding companies, operating with the previous group of holding companies were doing.

They were receiving credit from the first group of holding companies to purchase assets and liabilities from the prime banks.

Now, the only liabilities they were purchasing, were the liabilities represented by the deposits of the Arab nations.

The only assets they were buying, were the assets represented by the loans made to some of the debtor nations.

It then became clear as a result of observation and subsequent

ratification by information from within the Trilateral Commission, that the forgiveness of the third world debts would obviously eliminate the assets which were being purchased by this second group of holding companies, leaving them only with the liabilities that were owed to the middle eastern nations.

The Arabs were being serviced by the prime banks, and had no idea that these liabilities were now owed by the holding companies; they also had no idea that the debtor nations had stopped repaying the prime banks.

The holding companies' arrangement was merely that the prime banks were going to act as servicing agents for the holding companies, so that the third world nations didn't know that it was the holding companies that were owed the money.

The effect of the elimination of the assets of the second group of holding companies is three fold:

1. They would be insolvent and would be legally able to declare themselves insolvent.
2. They can then legally and legitimately avoid payment to the middle eastern nations.
3. The precipitous effect of that is obvious; they will have to liquidate other assets, which are primarily

represented by US corporate ownership of multi-billions of dollars worth of US stocks.

The effect of the Saudis and Kuwaitis and the middle eastern people selling even 25% of their total holdings of the US market, and the other markets that are US dollar denominated, will be absolutely chaotic in terms of the stock market and everything else.

The catastrophic effect of that, has been designed to throw the American stock market, American private corporations, American real estate, and people in general, into a state of confusion.

The plan is, that the state of confusion will be greeted with the 'salvation' by the 'benevolent' bankers on two fronts. First they will propose to eliminate cash because of the collapse and also to stop drug trafficking and tax cheating.

At this point they intend to implement a mandatory credit/identity/social security card, satellite linked through the "Star Wars Program" which has 40% to do with Star Wars, and 60% to do with the transmission of banking information to the central bank.

This will be the super bank into which all the other major banks will be linked, along with the subsidiary banks.

The super bank is to be the wholesaler, with prime banks the retailers. It is a world design, it is a world order, it is a world programme." **N**

Token liberties

PSYCHIC ARMS?

Many reports have surfaced recently on the subject of Psychic Warfare. Several scientists from both the USA and the USSR have claimed that both their governments have volumes of data on the potential of existing psychics, as well as how to 'make' a person 'psychic'. Many thanks to Jed Stuart for the following extracts:

"Platanov had the ability to put people to sleep and wake them up telepathically from a distance of a few yards to over a thousand miles ... the ability to control a person's consciousness with telepathy is being mined today in

Leningrad and Moscow labs." p104 (1).

"At the 1924 All-Russian Congress of Psychoneurologists, Platanov again knocked out Miss M telepathically, before a full hall of scientists ... the sleep wake test gained a long and intriguing pedigree before it was finally revealed in the early 1960's" p105 (1).

"Vasilliev mentally forced Fedorova to sleep. Asked in trance what happened, she said, "Vasilliev is creeping into my head." p107 (1).

"In a series of sophisticated experiments Montague Ullman MD and Stanley Krippner PhD, conclusively demonstrated that it

is possible for an awake individual to repeatedly and routinely transmit images to another individual sleeping many rooms away and that these images will appear in the dreams of the sleeper" p254 (2).

"Stalin knew of Messing's supposed ability to telepathically project his thoughts into another persons mind, to control or cloud their minds ... He gave them the psych test ... to enter his dacha without permission and without a pass ... Guards almost as thick as the shrubbery surrounded the country house. A platoon of bodyguards hovered near Stalin ... all members of the secret police.

Messing got past all the guards and servants by giving them the mental picture that he was Beria Head of the Secret Police" (1).

"In the 1930's Haussen was assassinated by the Nazis because he could clairvoyantly see the Nazi's many secret projects"(1) p320.

A former army man confirmed this report for us "We (the Czech army) used clairvoyance to great advantage against the Hungarians in 1919. We'd put soldiers with psi ability into a trance and they would tell us the exact position of the Hungarian army, help us locate soldiers we'd lost and so on. I'll never forget on one occasion

when the psychic said "I see the Hungarians now, there is about 150 of them. They are bathing in a river and poorly guarded". He gave us the exact location ... fifty of us captured a whole unit of nude Hungarians." (1) p104.

"Anne underwent many carefully prepared tests which involved her in reporting conversations between British officers serving overseas. To every test she gave such startlingly accurate responses ... reported that the hard headed British Intelligence officers were finally convinced that Anne could 'mind travel' ... while mind traveling she went to Nazi

Headquarters where she picked up a certain amount of information about military movements. Within the next few days these same military manoeuvres were put into action by the Germans. British Intelligence decided to enrol Anne on the staff." (3).

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- (2) *The Road Less Travelled* by M Scott Peck, 1988, Rider, London.
- (3) *Critique, A Journal Questioning Consensus Reality*, Issue No. 28



INJURED CHILDREN HELD CAPTIVE IN MIDAIR BY EERIE CREATURES?

A Boeing 727 jetplane carrying 31 seriously injured children was sucked up in a vacuum and held for 3 hours while on a mercy dash for treatment. All of the children were mysteriously cured. Aviation authorities in Bombay, India are withholding the name of the airline pending the outcome of a government investigation into the incident.

But the pilot's report and eyewitnesses accounts have been released to clear up rumour and speculation that spread like wildfire after the plane landed in Bombay.

"We have yet to determine what happened up there – perhaps we never will" said a spokesman for the Indian Aviation Authority.

The spokesman said the pilot told officials the Boeing 727 was cruising at an altitude of 27,000 feet on the flight from Delhi when a blinding white light ripped through the plane. He said he didn't even have time to react before he could feel the plane was rising at incredible speed straight up as if in a

vacuum. The altimeter needle almost spun off the control board before it hesitated at 53,000 feet and then dropped to zero. The passengers and flight attendants were screaming and crying, grabbing for oxygen masks and seat belts, before the 727 came to a complete halt in mid-air.

The pilot reported that the stationary plane was suddenly bathed in a brilliant blue light which changed to green, to red, to yellow and back to blue. He said he fought the urge to cover his eyes and looked through the windshield. Looking back at him were human-like faces floating like balloons a few feet from the plane.

The pilot glanced at his watch which reportedly read 3.15, then had to grab the controls as the plane started falling straight down. The plane settled in softly at 27,000 feet. It was as if nothing had happened except for one thing. It was 7.15 and ground control was radioing to find out where the flight had come from.

Just then a stewardess burst into the cabin and begged the pilot to come to the rear of the plane. He went fearing the worst, but what he found was a

miracle. The children who were seriously injured in an industrial accident in northern India were amazingly cured, the official said.

The pilot said he could hardly bear to look at the children when they boarded the flight for the medical centre in Bombay. They were a pitiful sight. But now there wasn't a laceration, burn or broken limb to be seen. The attending physician was speechless, the children were really cured.

Medical officials confirmed that the children showed no signs of injury or trauma after the flight.

In a prepared statement the pilot said "I can tell you what happened up there. For several hours we were part of another time, another place. There's nothing in my experience to compare with this. The faces were human, but no bodies were attached."

A spokesman for the Bombay based UFO Research Federation admitted that the group is investigating the astonishing encounter, but refused to speculate on the origin or intent of the mysterious faces.

From Australian International UFO Research Magazine – No 38

USSR BLASTS UFO OUT OF ORBIT

It has been alleged that the USSR incinerated an alien craft with a surface-to-air missile in an attack described as "mindless aggression". At a news conference in Geneva, Dr Marcel Cavaleri, a Swiss Physicist, said the Soviets launched the missile from a silo in Siberia, and destroyed the craft while it orbited the Earth on June 21 last year.

The Russian government angrily denies the allegation, but Dr Cavaleri quotes highly-placed NATO sources as having confirmed the missile launch, and destruction of the saucer shaped craft in space.

"There was absolutely no evidence that the starship was anything but friendly. It had been monitored for days at tracking stations all over the planet without incident. It is unbelievable that the Soviets would take it upon themselves to attack. The whole world could be held to blame for the aggression."

US intelligence sources refused to discuss the incident for the record, but privately confirmed Dr Cavaleri's report. They said the



Soviet missile was launched at 5.05 am Eastern Daylight Time on Wednesday June 21. It hit and destroyed the alien starship seven minutes later, at 5.12 am, the sources said.

"There was no attempt to establish radio contact with the starship, it was attacked without warning" said Cavaleri. If there were extraterrestrials aboard, they never had a chance. The Soviet missile carried a nuclear payload so powerful it actually vaporised the craft".

UFO researchers

around the world were outraged by the Soviet action and called on the Russians to acknowledge their mistake.

RAAF AIRCRAFT MISSING OVER BASS STRAIT AREA

Many of us have heard of the numerous strange disappearances of yachts and ships in the Bass Strait "Triangle".

There also exists a considerable list of unexplained

disappearances of civilian aircraft. But most people may be surprised to learn just how many aircraft the RAAF have been lost to this unpredictable area of water

The official RAAF list of planes still missing is:
Eight Beauforts –

One off King Island, two off Bairnsdale, three off ... Lakes Entrance, one between Bairnsdale and Flinders Island, and one in a lake

Three Hudsons –

One between Bairnsdale and Flinders Island, one in the East Sale area,

and one off Paynesville
Two Mitchells –
Off Torquay & Angesea
Three Ansons –
Two off Malacoota and one off Queenscliff
Two Oxfords –
Off Seaspray and Point Cook
Two Wirraways –
In Port Phillip Bay and off Wilson's Promontory
A US B57 –
Off Airey's Inlet
A Spitfire –
In Port Phillip Bay.

The (Melbourne)
Sun-Pictorial
22 September 1979



OOPARTS

Out Of Place Artifacts (OOPARTS), have popped up in the most unlikely places, in the most unlikely circumstances. However, the greatest mystery about them is, why do they disappear after they have been sent to museums?

1 An 1851 issue of Scientific American reports an incident where a metallic vase had been dynamited out of solid rock. The Scientific American report was reprinted from the Boston

Transcript.

The story said that on putting the two parts together it formed a bell shaped vessel 4.5 inches high, 6.5 inches at the base, 2.5 inches at the top and about $\frac{1}{8}$ " in thickness.

The body of the vessel resembles Zinc in Colour, or a composition metal in which there is a considerable portion of silver. On the sides there are six figures of a flower, a bouquet, beautifully inlaid with pure silver.

The chasing, carving and inlaying are exquisitely done by the art of some cunning craftsman.

This curious and unknown vessel was blown out of the solid pudding stone, fifteen feet below the surface.

Noorbergen notes that the vase circulated from museum to museum then vanished.

2 Morrisonville Times June 11 1891. On 8th June 1891, Mrs Culp, of Morrisonville, Illinois, was shovelling coal into her kitchen stove when her attention was drawn to one lump of coal which had broken in two revealing a gold chain of intricate workmanship.



Mrs Culp thought the chain had accidentally been dropped in the coal, but as she tried to lift it up this idea was shown to be wrong, as the lump broke it split almost in the middle.

The circular position of the chain placed the two ends close to each other, and as the lump separated, the middle of the chain became loose while the ends remained fastened to the coal.

The coal was found to be from the carboniferous era, i.e. several million years old.

3 In 1844 workmen blasting

granite out of a quarry near Rutherford Mills, England, on June 22, came upon a gold thread 8 feet below the surface, embedded in rock judged by geologists to be 60 million years old.

Investigators sent by the "London Times" reported that they believed the thread to have been artificially made.

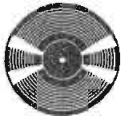
4 In 1851 the Springfield Illinois "Republican" reported that a businessman, Hiram De Witt, had brought back a piece of auriferous quartz about the size of a man's fist from a trip to California.

While he was showing the rock to a friend, he dropped it and it split upon striking the floor.

In the middle of the quartz they found a cut iron sixpenny nail, slightly corroded but with a perfect head and entirely straight.

The quartz was said to be over a million years old.

From "Secrets of the Lost Races" by Rene Noorbergen.



Round and read

GONDWANALAND – “WILDLIFE”

Gondwanaland needs no introduction to members of the conservation movement. This band has a remarkable track record for doing benefit concerts on environment related issues, and deserve their rapidly growing support.

Their latest album “Wildlife” was recorded live at the Klub Kakadu in Sydney and released on the WEA label.

This album is a compilation of some of their best and most popular work recorded especially for overseas release. They have captured the excitement of their live performance with this album,

and the sound presents a fascinating aural landscape which evokes strong images of Australia.

In the words of 2JJJ/2MMM DJ – Mark Dodshon, “The sheer majesty of Gondwanaland Project’s music is frequently overwhelming. At times the pulsing solemnity of the sound generates feeling of spaciousness and grandeur that is entirely cerebral. The beauty of Gondwanaland’s music is that it provokes an appreciation of simplicity in an increasingly complex world. This is a relevant and timely development in contemporary rock music that gives the listener hope for the future, and a rich sound track for the present”.

DOLPHIN SMILES

*Steve Kindler and Teja Bell
(Global Pacific)*

Violin lovers will really appreciate this free flowing synthesis of acoustic and electric violin played throughout the album by Steve Kindler from Hawaii. When Kitaro toured the US recently he chose Steve as the only other musician to play alongside. Now that is a real compliment and after listening to this album I can hear why Kitaro chose him.

The playful and gently rhythmic nature of the dolphins is captured throughout. The violin moves from classical ambience to blues/jazz



fusion. The guitar from Teja Bell is subtle and balancing and adds a Hawaiian island flavour. The addition of the heavenly sounds of autoharp on a number of tracks is delightful.

It is not so much that you can see dolphins smile but rather you can feel their free flowing nature moving through all the music on this very uplifting and energetic production. For those who remember Scarlet Rivers's wistful violin backing for Bob Dylan's "Desire" album, this will bring back fond memories. A must for anyone who loves the violin or for those who would like to be introduced to violin that is really easy listening.

OCEANIA

THE PROMISE OF TOMORROW

Yantra de Viler (Solar Wave Music)
Yantra is an emerging Australian composer, musician and performer whose work ranges from sound tracks for TV, film and theatre to live performance, dance and contemporary rock music.

"Oceania: The Promise of Tomorrow" is a concept album that celebrates the joy and wisdom of the dolphins and whales. It was composed for the documentary of the same name written and produced by Estelle Myers.

Yantra has captured the magical joy and free flowing

nature of the dolphins.

Keyboards, drum programming and vocals are performed by Yantra; additional keyboards and vocals are from Glenda Lum who is renowned amongst dolphin admirers for her compositions and recordings.

Blair Greenboug adds an earthly didgeridoo on the theme track to add a traditional Australian flavour.

Overall the music is ambient and as mystical as the frolicking whales and dolphins.

Sonics Music magazine has hailed Yantra as prolific. The Sydney Morning Herald as a star in the making.

The dolphins just love her.



RYTHM OF PEACE

Nawang Khechog

Nawang Khechog was born in Tibet, then fled the communist Chinese invasion with his family to India when he was six. For eleven years he was a Tibetan monk studying philosophy and meditation with various Tibetan Lamas. He has been living in Australia for the last 4 years.

Once again Nawang has composed and performed a rich and peaceful sound that is both relaxing and inspiring. The bamboo flute, with its unique resonance and tone, and the subtle addition of the didgeridoo creates a rich aural texture.

The album also includes some

passages of harmonic chanting which are a delight to hear.

The album is dedicated to world peace and the Dalai Lama of Tibet, with 20 percent of the proceeds to go to the Tibetan Foundation for Universal Responsibility. The album is available from the Foundation at: PO Box 112 Avalon NSW 2017.

THE VINDICATOR SCROLLS

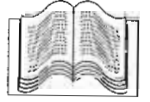
Stan Deyo (Vol 1)

You may remember a hard to get book called "The Cosmic Conspiracy", well if you liked that book you'd better take the time to get this one, as I don't think they

will be available for long. Although it is nearly 10 years between books, it was worth the wait.

This book covers subjects such as – the location of Atlantis, UFO coverups, suppressed technology and scientists, and predictions for the future. Of course this is all tied up in a huge conspiratorial battle between good and evil.

I like these books because the author digs up (using in some cases his own military/intelligence sources) some remarkable bits of information. The conclusions he draws in many cases however differ from my own, but I complement him on his research. This book retails for \$25.00 from the Esoteric Sciences Bookshop,



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CHANGE FOR THE BETTER
A LIFE CHANGING, SELF-HELP
PSYCHOTHERAPY
PROGRAMME

by Elizabeth Wilde McCormick

"How often do we feel either dis-
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a failure, out of control or trapped?
How often do we wish we were
different but still fail to change?"

This book challenges the old
belief that people cannot change.
By using a step-by-step program,
questionnaires, charts, maps and
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The book contains and relates,
experiences of people who have
taken part in this sort of approach
to therapy. It also addresses
problems such as anxiety,
depression, panic attacks, phobias
and obsessions, eating disorders
and feeling "out of control".

Published by Unwin Paperbacks
(UK) RRP \$16.95 pb

UNINVITED GUESTS

by Richard Hall

It is pretty hard to read this book
and not end up believing that
something fishy is going on. A lot
of the information contained in this

book has been released under the
Freedom Of Information Act in
America, but a lot was also
withheld because of "National
Security". The book names
names, has photocopied pages
from CIA files and has a
comprehensive bibliography.

The author also wrote "The
UFO Evidence" in 1964, and is
referred to as "a living legend in
UFOlogy". Ideal for skeptics, true
believers or the rest of us.

Published by Aurora Press, New
Mexico, USA. RRP – \$25.95 soft
cover, distributed by Aquarian
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